Upper Columbia Academy
March 1-7, 2020
Week #3 - Supervisors on Duty: Mrs. Allison, Sensei, Chef Esther, Mikayla Brenton
Rec Ski, HOPE Sign-up, Sr. Tal. Dress Rehearsal, Senior Rec Weekend

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	Breakfast Casserole	Huevos Rancheros	Pancakes	Breakfast Burritos	Biscuits & Gravy	Texas French Toast	Bagels
	Tofu	Fried Eggs	Syrup/Peanut Butter	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberry Sauce	Cream Cheese
	Shredded Cheese	Mexican Cheese	Whipped Topping	Tater Tots	Cheese/Onions	Cinnamon Applesauce	Scrambled Eggs
	Tater Tots	Sauce/Sour Cream	Scrambled Tofu	Cheese/Onions	Tofu	Red Cubed Potatoes	Tofu
		Green Onions	Hot Cereal & Toppings	Sausage Crumbles	Fresh Fruit, Cereal Bar	Toppings	Sausage Patties
		Hot Cereal	Fresh Fruit, Cereal Bar	Salsa/Sour Cream	Belgium Waffles	Fresh Fruit, Cereal Bar	Tator Tots
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar		Belgium Waffles	Yogurt/Granola
	Belgium Waffles	Belgium Waffles		Belgium Waffles			Fresh Fruit, Cereal Bar
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH		Pasta Bar - Fettucini	Carnitas Bowl	Asian Haystacks	Meatball Subs	DIY Pizza Bar	Haystacks
		Marinara Sauce	Beef style Carnitas	Chinese Noodles	Marinara/Parmesan	Naan Bread Crust	Chips/Beans
		Alfredo Sauce	Rice/Black Beans	Creamed FriChik	Buns/ Mozarella	Red/Alfredo Sauce	Lettuce/Tomatoes
		Pesto Sauce	Lettuce/Cheese	Sweet and Sour Tofu	Steamed Veggies	Cheese/Onions	Onions/Cheddar
		Rolls/French Bread	Pico de Gallo	Shred Carrots/Cabbage	Assorted Chips	Olives/Mushrooms	Olives/Salsa
		Fresh Fruit, Cereal Bar	Sour cream/Cilantro	Diced Cucum/Tomato	Dressings	Pineapple/Jalapenos	Dessert
		Salad Bar	Corn	Diced Peppers	Salad Bar	Bell Pepper	Fresh Fruit, Cereal Bar
			Guacamole	Pineapple Pieces	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
			Cookies!	Green Onions		Salad Bar	
		11:50 AM	***11:50 AM***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER	Quesadilla Bar	Tacos	Orange Chicken	Grilled Cheese	Tortellini Pasta Salad	Vegetable Soup	
	Rice/Beans	Beans/Rice	Chow Mein noodles	Tomato Bisque	Chicken Nuggets	Bread Bowls	
	Crispy Fri-Chik	Shredded Lettuce	Rice	Steamed Veggies	Fruit Salad	Jam/ Margarine	
	Veggies	Onions/ Tomatoes	Asian Blend Veggies	Fresh Fruit, Cereal Bar	Chips	Carrot/ Celery sticks	**SENIOR REC**
	Fruit Smoothies	Shredded Cheese	Edamame	Salad Bar	Cottage Cheese	Crackers	**DINNER**
	Fresh Fruit, Cereal Bar	Salsa	Fresh Fruit, Cereal Bar	Rice/Beans	Salad Bar	Fresh Fruit, Cereal Bar	
	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar		Rice/Beans		
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***