

Upper Columbia Academy

March 8-14, 2020

Week #4 - Supervisors on Duty: Mrs. Huggard, Sydney Mathison

4-year Sr. Benefit, Rec Ski, SWOP, Closed Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Blueberry Buckle	Breakfast Sandwiches	Choc. Chip Pancakes	Hashbrowns	Biscuits & Gravy	Waffles	Muffins
	Tofu	Fried Eggs/Tofu	Blueberry Sauce	Scrambled Eggs	Sauteed Mushrooms	Strawberries	Hashbrowns
	Oatmeal	Cheese	Whipped Topping	Tofu	Cheese/Onions	Oatmeal	Tofu
	Yogurt	Vegi-meat	Scrambled eggs	Cheese	Tofu	Tofu	Sausage Links
	Fresh fruit, cereal bar	Condiments	Scrambled Tofu	Salsa	Fresh Fruit, Cereal Bar	Yogurt & Pears	Fresh fruit, cereal bar
	Belgium Waffles	Hot Cereal	Hot Cereal & Toppings	Sour Cream	Belgium Waffles	Fresh fruit, cereal bar	Belgium Waffles
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Belgium Waffles	Cream of Wheat
		Belgium Waffles	Belgium Waffles	Belgium Waffles			
		10:00 AM	7:15am	7:15am	7:15am	7:15AM	8:30AM
LUNCH		Pasta Bar - Ravioli	Taco Salad	Asian Noodle Bowl	Chicken Burgers	Falafel Wraps	TaterTot Casserole
		Marinara Sauce	Chili / Spanish Rice	Thai Soy Curls	Regular Fries	Pita Bread	Steamed Broccoli
		Alfredo Sauce	Tortilla Chips	Teriyaki Tofu	Lettuce/Tomatoes	Falafel Patties	Steamed Carrots
		Pesto Sauce	Cheese/Onion	Asian Veggies	Onions/Pickles	Kale Salad	Rolls
		Rolls/French Bread	Olives/Tomatoes	Yakisoba noodles	Condiments	Yogurt Sauce	Margarine/Jam
			Sour Cream/ Salsa	Rice/ Crispy Noodles	Fresh Fruit	Salad Bar	Salad Bar
			Lettuce/ Red Peppers	Peanut Sauce	Salad Bar	Fresh fruit, cereal bar	Desserts
			Cilantro	Cilantro/ Almonds			Fresh Fruit, Cereal Bar
			Cookie Tuesday!	Salad Bar			
		11:50 AM	11:50 AM	12:15 PM	11:50 AM	11:50 AM	12:30PM
DINNER	Little Pizzas	Sandwich Bar	Chicken Noodle Soup	Baked Potato Bar	Macaroni & Cheese	Fruit Pizza	Chick Nuggets
	Fresh Veggies	Cream cheese/Hummus	Tomato Bisque	Chili	Vegan Mac & Cheese	Fresh WW Bread	Curly Fries
	Fresh Toppings	Spinach/tomatoes	Cornbread	Broccoli/ Cheese sauce	Peas	Egg Salad /Tofu Salad	Steamed Veggies
	Fresh Fruit, Cereal Bar	Red Onion/Pesto	Crackers/ Cheese	Cheddar/ Onion	Dinner rolls	Salad Bar	Fry Sauce
	Salad Bar	Cucumbers/Chicken Strips	Carrot/Celery sticks	Salsa/ Sour Cream	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Feta Cheese/Dressing	Salad Bar	Tortilla Chips	Salad Bar		Salad Bar
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar			
		Quesadilla Bar	Quesadilla Bar	Quesadilla Bar			
	4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:30pm	