Upper Columbia Academy August 23-29 2020

Week #1 - Supervisors on Duty:Mrs.Allison/Mr. McConnachie-Mikayla/Juliana Registration/ Week of Prayer, ASB Church, Class night, Closed Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Dorms	Breakfast Burrito	Pancakes	Oatmeal Breakfast Bar	Biscuits & Gravy	English Muffins	Tator Tots
	Cereal	Hash Browns	Scrambled Tofu	Tofu/Boiled eggs	Scrambled Eggs	Fried Eggs/Cheese	Tofu / Boiled Eggs
	Milk/Soymilk	Scrambled Eggs	Scrambled Eggs	Blueberries/Mango	Tofu		Sausage Links
	Fruit	Scrambled Tofu	Yogurt	Coconut/Chia seeds	Cheese/Onions	Yogurt/Granola	Peaches
	Muffins	Salsa/Sour cream	Peaches/Apple sauce	Dried Cranberries/Raisi	Yogurt/Granola	Pears/Apple sauce	Yogurt/Granola
	Yogurt	Yogurt/Granola	Hot Cereal & Toppings		Apple sauce	1	Muffins
		Apple Sauce	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Ba	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar
		Fresh Fruit, Cereal Bar		Fresh fruit, cereal bar			
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
LUNCH	Sack Lunch			Hawaiian Bowl	Middle Eastern Wrap		Stuffed Shells
	Sandwich	Sub Rolls	Rice	Jasmine Rice	Flat Bread	Mashed Potatoes	Green Beans
	Fruit	Vegan Meatballs	Refried Beans	Sweet and Sour Chicker	Falafel patties	Steamed Broccoli	Garlic Bread
	Chips	Marinara	Corn/ Veggies	Stir Fried Veggies	Hummus/Tzatziki saud	Dinner Rolls	Fruit Pies
	Juice/Water	Mozzarella/Parmesan	Tortilla Chips	Crispy Noodles	Sliced Tomato/Onion	Fresh Fruit, Cereal Bar	Whipped Cream
	Cookie	Steamed Brocolli	Fresh Salsa/Sour cream	Fresh toppings	Lettuce/Red Pepper	Salad Bar	Fresh Fruit, Cereal Bar
		Chips	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Cucumber slices		Salad Bar
		Salad Bar	Salad Bar	Salad Bar	Feta Cheese		
		Fresh Fruit, Cereal Bar	Cookies		Garden Salad		Fresh fruit, cereal bar
	11:55AM	11:30 and 12:15	11:30 and 12:15	11:30 and 12:15 PM	11:30-12:15	12:15 PM	12:30PM
DINNER	Pizza on the Patio	Indian Red Dhal	Grilled Cheese Sandwi	Fiesta Quinoa Salad	Tacos	Minestrone Soup	Sandwich Bar
	Salads	Basmati Rice	Tomato Soup	Potato Salad	Taco meat/Beans	Sourdough bread	Deli Slices/Cheese
	Chips	Red Pepper Salad	Cottage Cheese	Fruit Salad	Cheese/tomatoes	Parmesan	Tomato/Lettuce
	Juice/Water	Shredded Spinach	Celery / Carrot sticks	Garden Salad	Lettuce/Onion	Kale Salad	Curly Fries
		Naan Bread	Cucumber Slices	Bread/ Jam	Salsa/Sourcream	Banana Bread	Fruit Salad
		Grapes/Orange Slices	Ranch	Rice/Beans/Tortillas	Rice/Beans/Tortillas	Rice/Beans/Tortillas	Rice/Beans/Tortillas
		Rice/Beans	Rice/Beans/Tortillas	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Ba	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar				
	4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:10pm	5:30pm