

Upper Columbia Academy

September 6 -12, 2020

**Week #3 - Supervisors on Duty:Mr.McConnachie- Tommy
Senior Survival, ITED Testing, Class Vespers, Closed Weekend**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Breakfast Burritos	Huevos Rancheros	Pancakes	Baked Eggs	Biscuits & Gravy	Texas French Toast	Bagels/ Cream Cheese
	Scrambled eggs/Tofu	Fried Eggs/Corn tortilla	Scrambled Tofu/eggs	Tofu	Sauteed Mushrooms	Strawberry Sauce	Sausage Patties
	Hashbrowns	Mexican Cheese	Blueberry sauce	Tater Tots	Cheese/Onions	Syrup/Peanutbutter	Scrambled Eggs
	Breakfast sausage	Salsa/Sour Cream	Whipped Topping	Cheese/Onions	Tofu	Tofu	Tofu
	Ketchup/Salsa/sourcream	Green Onions	Syrup/Peanut Butter	Salsa/Sour Cream	Boiled eggs	Applesauce	Tator Tots
	Cheese/onions	Hot Cereal	Yogurt/Granola	Yogurt/Granola	Fresh Fruit, Cereal Bar	Yogurt/Granola	Apple sauce
	Yogurt/Granola	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Yogurt/granola
	Fresh fruit, cereal bar						Fresh Fruit, Cereal Bar
	<i>10:00 AM</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15AM</i>	<i>8:30AM</i>
LUNCH		Lasagna	Tacos	Asian Haystacks	Slip "n" Sliders	DIY Pizza Bar	Stuffed Shells
		Steamed Broccoli	Taco Meat	Rice/Chinese Noodles	Buns/Burgers	Naan Bread Crust	Green Beans
		Garlic Bread	Refried Beans	Creamed FriChik	Cheese slices/onion	Red/Pesto/BBQ	Dinner Rolls
		Fresh Fruit, Cereal Bar	Cheese/Salsa	Shred Carrots/Cabbage	Lettuce/tomato	Cheese/Onions	Butter/Jam
		Salad Bar	Lettuce/onion	Diced Cuc/Tomato	Condiments	Olives/Mushrooms	Pie/ Whipped Topping
			Sour Cream/tomato	Red Peppers/onions	French Fries	Pineapple/Jalapenos	Fresh Fruit, Cereal Bar
			Tortilla Chips	Pineapple Pieces	Fruit Salad	Bell Pepper	Salad bar
			Fresh Fruit, Cereal Bar	Coconut/Sunflower seed	Salad Bar	Fresh Fruit, Cereal Bar	
		Salad Bar	Salad Bar		Salad Bar		
	<i>11:30 and 12:15</i>	<i>11:30 and 12:15</i>	<i>11:30 and 12:15</i>	<i>11:30 and 12:15</i>	<i>12:15 PM</i>	<i>12:30PM</i>	
DINNER	Quesadilla Bar	Sloppy Joes	Chicken and Rice	Greek Vegetatble Soup	Sandwich Bar	Enchilada Soup	Crepes
	Rice/Beans	Buns	Creamy Sauce	Wheat Rolls	Egg Salad	Sourcream/Cheese	Cream Cheese
	Cheese/onions	BBQ Burger Sauce	Peas and Carrots	Carrot and Celery	Tofu Salad	Tortilla Strips	Cherry and Blueberry filling
	Tomatoes/olives	Lettuce/cheese/tomato	Bread/Jam/Peanutbutter	Bread/Jam/Peanutbutter	Lettuce/tomato	Fresh Salsa	Cottage cheese
	Salsa/Sourcream/Guac	Rice/Beans/Tortillas	Rice/ Beans/Tortillas	Rice/Beans/Tortillas	Watermelon/ Cantalope	Fruit Salad	Fruit Salad
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Pasta Salad	Rice/Beans/Tortillas	Lemon Slices
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Rice and Bean option
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>		