

**Upper Columbia Academy**  
**September 13 - 19, 2020**  
**Week # 4 - Supervisor on Duty:**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	Breakfast Casserole	Oatmeal Breakfast Bar	Waffle Bar	Hashbrowns			
	Tofu	Blueberries/Mango	Strawberry Sauce	Scrambled Eggs			
	Tater Tots	Coconut/Chia seeds	Whipped Topping	Scrambled Tofu			
	Salsa/Ketchup	Dried Cranberries/Raisins	Sausage/Tofu	Peaches			
	Peaches	Slivered Almonds	Syrup/Butter	Yogurt/Granola			
	Yogurt/Granola	Yogurt/Granola	Yogurt/Granola	Fresh Fruit, Cereal Bar			
	Fresh Fruit, Cereal Bar	Boiled Eggs	Fresh Fruit, Cereal Bar				
		Fresh fruit, cereal bar		Sack Lunch			
	<i>10:00 AM</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>			
<b>LUNCH</b>		Ravioli	Tika Masala				
		Marinara Sauce	Basmati Rice				
		Creamy Garlic Sauce	Indian Roast Veggies				
		Pesto Sauce	Tahini Garnish				
		Steamed Veggies	Naan Bread	<b>HOMELEAVE</b>			
		Rolls/French Bread	Salad Bar				
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar				
		Salad Bar					
	<i>11:30 and 12:15</i>	<i>11:30 and 12:15</i>					
<b>DINNER</b>	Pizza	Southwest Wrap	Meat Ball Subs				
	Carrot and Celery sticks	Garlic Herb Tortilla	Sub Rolls				
	Chips	Black Beans/Corn	Veggie Meatballs				
	Fresh Fruit, Cereal Bar	Spanish Rice/Cheese	Marinara				
	Salad Bar	Salsa/Chipotle Sauce	Provalone				
		Red peppers/Onions	Corn/Green Beans				
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar				
		Salad Bar	Salad Bar				
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>				