

Upper Columbia Academy
September 20-26, 2020
Week #5 - Supervisor on Duty: Chef Kaelyn- Tommy
Midterm,

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Breakfast Burritos	Oat Cakes	Pancakes	Bicuits and Gravy	Breakfast Sandwich	Muffins/Bagels
		Scrambled Eggs/Tofu	Blueberry Sauce	Eggs	Scrambled Eggs	Lunch Meat/Cheese	Baked Tofu
		Hashbrowns	Apple Sauce	Tofu	Oven Baked Tofu	Fried Eggs	Boiled Eggs
		Cheese/Onions	Peanutbutter/Jam	Apple Sauce	Cheese/Salsa	Tofu	Sausage Links
		Sausage Crumbles	Scrambled Tofu	Peanut butter/butter	Peaches	Ketchup/Salsa	Yogurt/Granola
		Salsa/Sour Cream	Yogurt/Granola	Syrup/Jam	Yogurt/Granola	Tator Tots	Peaches
		Yogurt/Pears	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Yogurt/Granola	Fresh Fruit, Cereal Bar
		Fresh Fruits,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		Pasta Power Bowl	Arroz con Pollo	Teriyaki Tofu	Veggie Burgers	Pita Bar	Hay Stacks
		Marinara	Rice/Beans	Steamed Basmati Rice	Buns	Hummus/Pesto	Chili Beans
		Mushroom and Onion	Chicken with Sauce	Egg Rolls	Cheese/Lettuce	Turkey Slices	Fritos/ Rice
		Soy Garlic Drizzle	Fajita Veggies	Fresh Toppings	Tomato/Onions	Spinach /Tomato	Lettuce/ Tomatoes
	HOMELEAVE	Steamed Broccoli	Salsa /Sour Cream	Stir Fried Veggies	Pickles	Red Onion/Cucumber	Cheddar Shreds
		Cottage Cheese	Salad Bar	Fresh Fruit, Cereal Bar	Condiments	Feta cheese/Parmesan	Olives/Onion/Salsa
		Garlic Bread	Cookie	Salad Bar	Potato Wedges	Olives/Ranch	Sour Cream/Ranch
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Guacamole
	Salad Bar			Salad Bar	Salad Bar	Cup Cakes	
	<i>11:30 and 12:15</i>	<i>11:30 and 12:15</i>	<i>11:30 and 12:15</i>	<i>11:30 amd 12:15</i>	<i>12:15 PM</i>	<i>12:30PM</i>	
DINNER		Tacos	Sloppy Joes	Sandwich Bar	Stroganoff	Broccoli Cheddar Soup	Hot Dogs
		Rice/Beans	Buns	Deli Meat/Cheese	Creamy Sauce	Corn Bread	Buns
		Taco meat	BBQ Burger Sauce	Egg and Tofu Salad	Beefless Strips	Carrot and Celery sticks	Potato Salad
		Lettuce/Tomatoes	Lettuce/Tomatoes	Tomato/Onion	Steamed Veggies	Ranch	Fresh Cut Fruit
		Onions/Olives	Shredded Cheese	Lettuce/Pickles	Bread Rolls	Crackers/Cheese	Potato Chips
		Salsa/Sour Cream	Corn/Ranch	Chips	Fresh Fruit, Cereal Bar	Fruit Salad	Salad Bar
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Salad Bar					
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:30pm</i>	