

**Upper Columbia Academy**  
**September 27-October 3, 2020**  
**Week # 6- Supervisors on Duty: Mr. McConnachie/Ethan**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	Peach Crisp	Huevos Rancheros	Pancakes	Breakfast Scramble	Breakfast Bowl	French Toast	Bagels/Cream Cheese
	Potato Triangles	Fried Eggs	Blueberry Sauce	Scrambled Eggs	Quinoa	Strawberry Sauce	Hashbrowns
	Scrambled Eggs	Mexican Cheese	Whipped Topping	Tofu/ Sausage	Blueberries/Strawberry	Cinnamon Applesauce	Tofu
	Oven Tofu	Sauce/Sour Cream	Scrambled Tofu	Hashbrown Potatoes	Toppings	Scrambled Tofu	Sausage Patties
	Yogurt/Granola	Green Onions	Scrambled Eggs	Apple Sauce	Boiled Eggs	Tator Tots	Fresh fruit, cereal bar
	Fresh Fruit, Cereal Bar	Hot Cereal	Syrup/ Protien Spread	Hot cereal/Toppings	Fresh Fruit, Cereal Bar	Toppings	Cream of Wheat
	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar		Fresh Fruit, Cereal Bar	Yogurt/ Granola
							Peaches
	<b>10:00 AM</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15AM</b>	<b>8:30AM</b>
<b>LUNCH</b>		Mazidrass	Enchiladas	Cottage Cheese Patties	Fajitas	Roasted Veggie Curry	Gluten Steaks
		Lentils	Rice & Beans	Mashed Potatoes	Roasted Veggies	Rice	Mashed Potatoes
		Basmati Rice	Corn	Peas/Corn	Fajita Soy Curls	Hard Boiled Eggs	Gravy
		Shredded Lettuce	Sour cream/Guacamole	Dinner rolls	Salsa/ Guacamole	Veggie Toppings	Garlic Bread
		Diced Tomatoes	Tortilla Chips	Fresh Fruit, Cereal Bar	Sour Cream/Cilantro	Pineapple/Coconut	Green Beans
		Cucumber Salsa	Fresh Salsa	Salad Bar	Tortillas	Flatbread	Pie/whipped Cream
		Creamy Garlic Sauce	Fresh Fruit, Cereal Bar		Tortilla Chips	Fresh Fruit, Cereal Bar	Salad Bar
		Green Onions	Salad Bar		Salad Bar	Salad Bar	
		Fresh Fruit, Cereal Bar	Cookie		Fresh Fruit		
	<b>11:30 and 12:15</b>	<b>11:30 and 12:15</b>	<b>11:30 and 12:15</b>	<b>11:30 and 12:15</b>	<b>12:15 PM</b>	<b>12:30PM</b>	
<b>DINNER</b>	Quesadilla Bar	Sandwich Bar	Greek Isle Wraps	Tostada	Pasta Primavera	Chili	Sandwich Bar
	Cheese	Cheese slices	Cream cheese/Hummus	Refried Beans	Caribbean Vegetables	Corn Bread	Deli Slices
	Veggies	Egg Salad	Spinach/tomatoes/Red Onion	Rice	Parmesan Cheese	Butter/Honey	Tomato/ Lettuce
	Sour Cream	Tofu Salad	Cucumbers/Chicken Strips	Shredded Lettuce	Bread Rolls	Apple Sauce	Avocado/Onion
	Salsa	Veggie Toppings	Feta Cheese/Dressing	Shredded Cheese	Fresh Fruit, Cereal Bar	Rice/Beans	French Fries
	Rice & Beans	Potato Chips	Rice & Beans	Onion	Salad Bar	Fresh Fruit, Cereal Bar	Rice/Beans
	Fresh Fruit, Cereal Bar	Rice/Beans	Fresh Fruit, Cereal Bar	Diced Tomato		Green Salad	Fresh fruit, cereal bar
	Salad Bar	Fresh Fruit, Cereal Bar		Salsa/Sourcream			
	<b>4:00pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10 AM</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:30pm</b>