

Upper Columbia Academy
October 4-10, 2020
Week # 7 - Supervisor on Duty: Chef Kaelyn, Ryan

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Coffee Cake	Breakfast Sandwiches	Blueberry Pancakes	Hashbrowns	Biscuits & Gravy	Breakfast Casserole	Muffins
	Scrambled Eggs	Fried Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs	Scrambled Eggs	Tofu	Boiled Eggs/Tofu
	Oven Tofu	Cheese	Whipped Topping	Cheese/Onions	Sauteed Mushrooms	Tator Tots	Stripples
	Hashbrowns	Vegi-meat	Scrambled Tofu	Salsa/Sour Cream	Cheese/Onions	Apple Sauce	Tator Tots
	Yogurt/Granola	Condiments	Apple Sauce	Tofu	Tofu	Yogurt/Granola	Yogurt/Granola
	Peaches	Hot Cereal	Yogurt/Granola	Peaches/Yogurt	Yogurt/Granola	Hot Cereal	Peaches, Canned
	Fresh Fruit, Cereal Bar	Yogurt/Granola	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	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		Tortellini	Burrito Bar	Indian Butter Chicken	Haystacks	Baked Potato Bar	Swedish Meatballs
		Marinara Sauce	Beans/Rice	Basmati Rice	Fritos/Rice	Chili Beans	Rice
		Pesto Sauce	Shredded Lettuce	Vegetables	Chili/Cheese	Cheese/Vegan Sauce	Steamed Broccoli
		Creamy Garlic Sauce	Diced Tomatoes	Naan Bread	Tomato/Lettuce	Broccoli/Tomatoes	Dinner Rolls
		California Veggies	Diced Onions	Creamy Garlic Sauce	Salsa/Sourcream	Onions/Salsa/Baco Bits	Butter / Jam
		Rolls/French Bread	Shredded Cheese	Salad Bar	Olives/onion	Fresh Fruit, Cereal Bar	Salad Bar
		Fresh Fruit, Cereal Bar	Sour Cream	Fresh Fruit, Cereal Bar	Ranch	Salad Bar	Dessert
		Salad Bar	Salsa/Guacamole		Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar
		Fresh fruit, cereal 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>11:50 AM</i>	<i>12:30PM</i>	
DINNER	Pizza	Grilled Cheese Sand	Egg Rolls	Macaroni and Cheese	BLT Sandwiches	Chicken Noodle Soup	Griller Burgers
	Vegan Pizza	Tomato Bisque	Jasmine Rice	Peas/Carrots	Nine Grain Bread	Crackers/ Cheese	Potato Wedges
	Celery and Carrot stix	Salad Bar	Chicken style Tofu	Salad Bar	Stripples	Cornbread	Lettuce/Tomatoes
	Chips and salsa	Cottage Cheese	Sweet and Sour Sauce	Rolls	Tomato Slices	Fruit Salad	Onions/Pickles
	Fresh Fruit, Cereal Bar	Beans/Rice	Stir-Fried Veggies	Butter and Jam	Lettuce	Garden Salad	Condiments
	Salad Bar	Fresh Fruit, Cereal Bar	Beans/Rice	Beans/Rice	Pasta Salad	Beans/rice	Beans/Rice
			Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Beans/Rice	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar
			Salad Bar		Fresh Fruit, Cereal 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>	