Upper Columbia Academy
October 13-19, 2019
Week #8 - Supervisors on Duty:
Sunday School, College Fair, PSAT, Homeleave

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST	Waffles	Tofu	Pastry	Breakfast Burritos			
	Scrambled Eggs	Scrambled Eggs	Hashbrowns	Scrambled Eggs/Tofu			
	Tofu	Tater Triangles	Scrambled eggs	Tater Tots			
	Apple Sauce	Peaches/Applesauce	Scrambled Tofu	Cheese/Onions			
	Hashbrowns	Grits/Cream of Wheat	Hot Cereal & Toppings	Sausage Crumbles			
	Syrups/ Peanut butter	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salsa/Sour Cream			
	Fresh Fruit, Cereal Bar	Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar			
				Sack Lunch			
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH	Sack	Roasted Veg Fettucini	Asian Noodle Bowl				
	Lunches	Pesto Sauce/ Marinara	Rice/Soba Noodles				
		Creamy Garlic Sauce	Broccoli/Mushrooms				
	HOPE	Green Beans	Baby corn/Red Pepper	**HOMELEAVE**			
	Taskforce	Rolls/French Bread	Water chestnuts				
		Fresh Fruit, Cereal Bar	Tofu/Soy Curls				
		Salad Bar	Sweet and Sour Sauce				
			Peanut/Teriyaki Sauce				
			Fresh Fruit, Cereal Bar				
	11:55AM	***11:30 and 12:15***	***11:30 and 12:15***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER	Pizza	Indian Tacos (Naan)	Best of the Best				
	Salad bar	Beans/Rice					
	Fresh Fruit, Cereal Bar	Shredded Lettuce	Rice/Beans				
		Diced Veggies	Salad				
		Shredded Cheese	Fresh Fruit, Cereal Bar				
		Salsa					
		Fresh Fruit, Cereal Bar					
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***