

Upper Columbia Academy

October 18-24, 2020

Week #9 - Supervisors on Duty: Mr.McConnachie-Melody

End of First Quarter

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Pancakes	Breakfast Sandwiches	Hashbrowns	Biscuits & Gravy	Waffles	Muffins/Bagels
		Blueberry Sauce	Fried Eggs/deli meat	Tofu	Sauteed Mushrooms	Strawberries	Hashbrowns
		Whipped Topping	Tofu	Scrambled Eggs	Cheese/Onions	Oatmeal	Tofu/ Eggs
		Scrambled Tofu	Cheese/Peaches	Cheese/Onions	Tofu	Tofu	Sausage Patties
		Apple Sauce	Yogurt/Granola	Salsa/Sour Cream	Applesauce	Yogurt & Pears	Yogurt/Granola
		Yogurt/Granola	Fresh Fruit, Cereal Bar	Pears	Yogurt/Granola	Granola/Yogurt	Mixed Fruit
		Fresh Fruit, Cereal Bar		Yogurt/Granola	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		Spaghetti	Haystacks	Baked Potato Bar	Asian Noodle Bowl	Enchilada Casserole	Lasagna
		Marinara Sauce	Pinto Beans	Chili	Rice Noodles	Steamed Veggies	Green Beans
		Alfredo Sauce	Cilantro/Lime Rice	Broccoli	Basmati Rice	Rice/ Beans	Garlic Bread
		Pesto Sauce	Shredded Lettuce	Cheese/Sour Cream	Teriaki Beef	Sour cream/Salsa	Fruit Pies
	HOMELEAVE	Rolls/French Bread	Diced Tomatoes	Onion/Cheese sauce	Tofu	Tortilla Chips	Whipped Cream
		Salad Bar	Diced Onions	Baco bits/Salsa	Assorted Stir Fried Veg	Salad Bar	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Shredded Cheese	Fresh Fruit, Cereal Bar	Asian sauce	Fresh fruit, cereal bar	Salad Bar
			Salsa	Salad Bar	Salad Bar		
			Guacamole		Fresh fruit		
	<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		Sub Sandwich Bar	Tator Tot Casserole	Greek Isle Wraps	Griller Burgers	Harvest Vegetable Soup	Tacos
		Deli Meat/Cheese	Steamed Veggies	Cream cheese/Hummus	Regular Fries	Bread Boules	Beans
		Egg and Tofu Salad	Bread	Spinach/tomatoes	Lettuce/Tomatoes	Carrot and Celery	Rice
		Lettuce/Tomato	Butter/Jam	Red Onion	Onions/Pickles	Ranch Dip	Cheese/Sourcream
		Condiments	Rice/Beans	Cucumbers	Condiments	Salad Bar-Short	Onions/tomatoes
		Chips	Salad Bar-Short	Feta Cheese/Dressing	Cheese	Fresh fruit, cereal bar	Lettuce
		Rice/Beans	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit	Rice/ Beans	Salsa/Olives
		Fresh Fruit, Cereal Bar		Rice/Beans	Rice/Beans		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>	