## Upper Columbia Academy October 25-31, 2020 Week #10 - Supervisors on Duty:Chef Kaelyn/Micalyn Second Quarter begins, PSAT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Cinnamon Rolls	Breakfast Burritos	Pancakes	Waffles	Biscuits & Gravy	Crepes	Bagels
r .	Scrambled Eggs	Scrambled Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs	Fried Eggs	Cream Cheese	Tator Tots
S	Tofu	Hashbrowns	Whipped Topping	Tofu	Sauteed Mushrooms	Fruit Filling	Stripples
FA	Tator Tots	Cheese/Onions	Scrambled Tofu	Syrup/Butter	Cheese/Onions	Nutella Filling	Boiled Eggs
AKI	Yogurt	Sausage Crumbles	Hot Cereal & Toppings	Shredded Cheese	Tofu	Cottage Cheese	Tofu
τÌ	Granola	Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Tater Tots	Fresh Fruit, Cereal Bar	Yogurt Parfait	Yogurt/Granola
BK	Apple Sauce	Fresh Fruits, Cereal Bar		Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Peaches
'							Fresh Fruit, Cereal Bar
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
		Angel Hair Pasta	Tacos	Egg Rolls	Vegeburgers	DIY Pizza Bar	Manicoti
		Marinara	Beans/Rice	Jasmine Rice	Cheese/Lettuce	Naan Bread Crust	Marinara/Parmesan
		Alfredo	Taco meat	Tofu with Asian Sauce	Tomato/Onions	Red/Alfredo Sauce	Peas and Corn
E		Pesto	Cheese/tomatoes	Stir Fry Veggies	Pickles	Cheese/Onions	Rolls
$\sum_{i=1}^{n}$		Meat Balls	Lettuce/onions	Sweet and Sour Sauce	Condiments	Olives/Mushrooms	Butter/ Jam
LUNCH		Steamed Veggie	Salsa/Sour cream	Fresh Fruit, Cereal Bar	French Fries	Pineapple/Jalapenos	Dessert
-		French Bread	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Bell Pepper	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Cookies		Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar
		Salad Bar				Salad Bar	
		11:30 and 12:15	11:30 and 12:15	11:30 and 12:15	11:30and 12:15	11:50 AM	12:30PM
	Asian Ramen Bar	Cuban Bowl	Sloppy Joes	Chicken Nuggets	Stroganoff	Broccoli Cheddar Soup	Sandwich Bar
	Asian Broth	Cuban Balck Beans	Buns/Sauce/Cheese	French Fries	Steamed Veggies	Cornbread	Deli Meat/Cheese
ЦК	Fresn Veggies	Spanish Rice	Lettuce/onions	Condiments	Bread Rolls	Crackers	Egg Salad
NNEI	Sliced Eggs	Cheese/Onions	Tomatoes/Condiments	Cut Melon	Butter/Jam	Fruit Salad	Tofu Salad
DI.	Tofu	Tomato/olives	Corn	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Tomatoes/Lettuce
	Fresh Fruit, Cereal Bar	Sour cream/Salsa	Pasta Salad	Beans/Rice	Beans/Rice	Salad Bar	Onions/Condiments
	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar		Chips
		Fresh Fruit	Salad Bar				Fresh Fruit
	4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:10pm	Salad Bar