

**Upper Columbia Academy**

**November 1-7, 2020**

**Week #1 - Supervisors on Duty: Mr. McConnachie/Mrs. Huggard/Mikayla**

	<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	Scrambled Eggs	Pancakes	Waffles	Biscuits & Gravy	French Toast	Muffins
	Hashbrown Patties	Hashbrowns	Cherry Topping	Scrambled Eggs	Fried Eggs	Strawberry Sauce	Scrambled Eggs
	Scrambled Eggs	Tofu	Whipped Topping	Tofu	Cheddar Shredds	Syrup/Butter	Tofu
	Tofu	Salsa/Ketchup	Scrambled Tofu	Syrup/Butter	Onions	Cinnamon Applesauce	Sausage Patties
	Fresh Fruit	Shredded Cheddar	Scrambled Eggs	Apple Sauce	Tofu	Scrambled Egg	Yogurt/Granola
	Cereal Bar	Hot Cereal	Yogurt/Granola	Yogurt/Granola	Yogurt/Granola	Tofu	Pears
	Belgium Waffles	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>
<b>LUNCH</b>		Fettuccine Alfredo	Burrito Bar	Chicken Cacciatore	BBQ Beef Sandwich	Aloha Bowl	Meat Loaf
		Roasted Veggies	Beans and Rice	Rice	Brioche Buns	Rice/Quinoa	Mashed Potatoes
		French Bread	Lettuce/Tomatoes	Steamed Broccoli	Cheese slices	Chicken Nuggets	Gravy
		Butter/Jam	Tortilla Chips	Dinner Rolls	Rainbow Coleslaw	Sweet and Sour sauce	Dinner Rolls
		Salad Bar	Sour Cream	Margarine/Jam	French Fries	Shredded Cabbage	Butter/Jam
			Cheese/Onion	Salad Bar	Sauces	Pineapple/Mandrin orange	Fruit Pies
			Fresh Salsa	Fresh fruit, cereal bar	Salad Bar	Red pepper/onion	Whipped Cream
			Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar
			Cookie Tuesday!			Salad Bar	
		<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:15 PM</i>	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:30PM</i>
<b>DINNER</b>	Quesadilla Bar	Grilled Cheese	Macaroni & Cheese	Wraps	Pizza	Chili	Hot Dogs
	Cheese	Tomato Soup	Vegan Mac & Cheese	Cream cheese/Hummus	Carrot and Celery stix	Corn Bread	Curly Fries
	Veggies	Cottage Cheese	Peas	Spinach/tomatoes	Ranch Dressing	Butter	Carrot & Celery Sticks
	Sour Cream	Carrot and Celery Sticks	Dinner rolls	Cucumbers/Red Onions	Tortilla Chips	Apple Sauce/Honey	Cottage Cheese
	Salsa	Potato Chips	Fresh Fruit, Cereal Bar	Feta Cheese/Dressing	Salsa	Green Salad	Rice/Beans
	Rice & Beans	Fresh Fruit, Cereal Bar	Salad Bar	Rice & Beans	Salad Bar	Rice/Beans Soup	Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar	Salad Bar		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar
	Salad Bar					Salad Bar	
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>		