

Upper Columbia Academy
Nov 29- Dec 5, 2020
Week #5 - Supervisors on Duty:McConnachie/Ethan

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Breakfast Burritos	Pancakes	Cheese omletes	Biscuits & Gravy	Breakfast Sandwiches	Bagels/Cream Cheese
		Scrambled Eggs/Tofu	Syrup/Peanut Butter	Tofu	Scrambled eggs	Fried Eggs	Stripples
		Tater Tots	Whipped Topping	Tater Tots	Sauteed Mushrooms	Tofu	Boiled Eggs
		Cheese/Onions	Scrambled Tofu	Ketchup/Salsa	Cheese/Onions	Cheese slices/meat slices	Tofu
		Sausage Crumbles	Scrambled eggs	Pears	Tofu	Ketchup/Mayo	Peaches
		Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Yogurt/Granola	Fresh Fruit, Cereal Bar	Apple Sauce	Yoghurt/Granola
		Fresh Fruits,Cereal Bar		Fresh Fruit, Cereal Bar		Yogurt /Granola	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		Pasta Bar - Spaghetti	Chicken Fajitas	Mazidras	Shamburgers	Pita Bar	Manicotti
		Marinara Sauce	Black Beans/Rice	Basmati Rice	Cheese/Lettuce	Hummus/Pesto	French Bread
		Alfredo Sauce	Fajita Veggies	Curry Red Lentils	Tomato/Onions	Spinach, Tomato	Steamed Veggies
		Pesto Sauce	Cheddar	Cucumber Salsa	Pickles	Red Onion	Desserts
	HOMELEAVE	Garlic Toast	Sourcream/Salsa	Greek Yogurt Sauce	Condiments	Feta, Cheese	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Limes	Fresh Fruit, Cereal Bar	regular fries	Cucumber	Salad Bar
		Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Ranch	
			Salad Bar		Salad Bar	Fresh Fruit, Cereal Bar	
						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>
DINNER		Tator Tot Casserole	Sloppy Joes	Macaroni and Cheese	Chicken Nuggets	Broccoli Cheddar Soup	Sandwich Bar
		Broccoli	Toppings	Vegan Mac and Cheese	Potato Wedges	Bread Bowls	Deli Slices
		Rice/Beans	Corn	Peas and Carrots	Condiments	Crackers/Cheese	Cheese
		Salad Bar	Pasta Salad	Dinner Rolls	Cut Melon	Carrot and Celery	Vegan Cheese
		Fresh Fruit, Cereal Bar	Rice/Beans	Butter and Jam	Salad Bar	Fruit Salad	Tomato/Lettuce
			Fresh Fruit, Cereal Bar	Rice and Beans	Beans/Rice	Rice and Beans	Rice/Beans
			Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar
				Salad 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>	