

**Upper Columbia Academy**  
**March 7-13, 2021**  
**Week - Supervisors on Duty: Mr. McConnachie/Melody**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	Pear and Berry Crisp	Breakfast Sandwiches	Banana Pancakes	Hashbrowns	Biscuits & Gravy	Waffles	Pastry
	Scrambled Eggs/Tofu	Fried Eggs/Tofu	Syrups	Scrambled Eggs	Sauteed Mushrooms	Strawberries/Whip top	Hashbrowns
	Hashbrowns	Cheese/Veggie meat	Whipped Topping	Tofu/Sausage Patties	Cheese/Onions	Scrambled Egg/Tofu	Boiled Eggs/Tofu
	Yogurt/Granola	Condiments	Scrambled eggs/tofu	Cheese/Green onion	Tofu/Scrambled Eggs	Pears	Sausage Links
	Fresh fruit, cereal bar	Hot Cereal	Pears	Salsa/Sourcream	Apple Sauce	Yogurt/Granola	Pears/Peaches
	Belgium Waffles	Yogurt/Granola/Peaches	Yogurt/Granola	Yogurt/Granola	Yogurt/ Granola	Fresh fruit, cereal bar	Yogurt/Granola
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh fruit, cereal bar
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles		
	<b>10:00 AM</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15AM</b>	<b>8:30AM</b>	
<b>LUNCH</b>		Pasta Bar - Penne	Burrito Bar	Asian Noodle Bowl	Chicken Burgers	TaterTot Casserole	Chicken Cacciatore
		Marinara Sauce	Beans/Rice	Rice/Crispy Noodles	Regular Fries	Steamed Broccoli	Rice Pilaf
		Alfredo Sauce	Shredded Lettuce	Yakisoba noodles	Lettuce/Tomatoes	Rolls	Peas and Carrots
		Pesto Sauce	Tomatoes/Onions	Teriyaki Tofu	Onions/Pickles	Margarine/Jam	Cottage Cheese
		French Bread	Olives/Cheese	Stir Fry Veggies	Condiments	Fresh fruit, cereal bar	Rosemary Sourdough
		Steamed Veggies	Peppers/Guacamole	Red Peppers/Pineapple	Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar
		Parmesan Cheese	Sour Cream/Salsa	Green Onions/Sesame	Salad Bar		Desserts
		Salad Bar	Fresh Fruit, Cereal Bar	Cilantro/Sauces			Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar	Cookie Tuesday!	Salad Bar				
	<b>11:50 AM</b>	<b>11:50 AM</b>	<b>12:15 PM</b>	<b>11:50 AM</b>	<b>11:50 AM</b>	<b>12:30PM</b>	
<b>DINNER</b>	Sandwich Bar	Taco Salad	Lettuce Wraps	Baked Potato Bar	Macaroni & Cheese	Lentil Vegetable Soup	Chick Nuggets
	Cheese/Veggie Slices	Beans/ Spanish Rice	Fillings	Chili	Vegan Mac & Cheese	Cornbread	Curly Fries
	Lettuce/Tomato	Tortilla Chips	Toppings	Broccoli/ Cheese sauce	Peas	Crackers/ Cheese	Fry Sauce/BBQ
	Onion/Pickles	Cheese/Onion	Fruit Salad	Cheddar/ Onion	Dinner rolls	Carrot/Celery sticks	Fruit Salad
	Condiments	Olives/Tomatoes	Rice and Beans	Salsa/ Sour Cream	Fresh Fruit, Cereal Bar	Ranch	Fresh Fruit, Cereal Bar
	Chips/Macaroni Salad	Sour Cream/ Salsa	Fresh Fruit, Cereal Bar	Tortilla Chips	Salad Bar	Rice and Beans	Salad Bar
	Fresh Fruit, Cereal Bar	Lettuce/ Red Peppers	Short salad	Salad Bar		Salad Bar	
	Salad Bar	Fresh Fruit, Cereal Bar				Fresh Fruit, Cereal Bar	
	<b>4:00pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10pm</b>		<b>5:30pm</b>	