

**Upper Columbia Academy**  
**April 4-10, 2021**  
**Week #3 - Supervisors on Duty: Mr. McConnachie/Mikayla**  
**Academy Days**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
<b>BREAKFAST</b>	Scrambled Eggs	Huevos Rancheros	Pumpkin Spice Pancake	Breakfast Burritos	Biscuits & Gravy	French Toast	Bagels
	Oven Tofu/Sausage	Fried Eggs/Tofu	Syrup/Butter	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberries	Cream Cheese
	Potato Wedges	Hashbrowns	Whipped Topping	Tater Tots	Cheese/Onions	Apple Sauce	Boiled Eggs
	Applesauce/Pears	Sauce/Sour Cream	Scrambled Tofu/Egg	Cheese/Onions/cheese	Tofu/Sausage Crumbles	Toppings	Tofu
	Yogurt/Granola	Green Onions/cheese	Peaches	Sausage Crumbles	Apple Sauce	Eggs/Tofu	Cubed Potatoes
	Toast/Butter/Jam	Hot Cereal	Yogurt/Granola	Salsa/Sour Cream	Yogurt/Granola	Yogurt/Granola	Breakfast Strips
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Yogurt/Granola
	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Peaches
	<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>		Pasta Primevara	Mexican Quinoa Tacos	Asian Haystacks	Veggie Burgers	Haystacks	<a href="mailto:Lunch@Advisor's Home">Lunch@Advisor's Home</a>
		California Veggies	Rice/Beans	Creamed FriChik	Sliced Cheese/Onion		
		Garlic Bread	Tortilla Chips	Jasmine Rice	Tomatoes/Lettuce		
		Parmesan Cheese	Cheese/Lettuce	Shred Carrots/Cabbage	Pickles/Condiments	<b>Academy Days!</b>	
		Fresh Fruit, Cereal Bar	Tomato/Onion/Limes	Cucumber /Tomato	French Fries		
		Salad Bar	Sour Cream/Salsa	Red Peppers/Cilantro	Fry Sauce		
			Fresh Fruit, Cereal Bar	Pineapple Pieces	Fresh Fruit, Cereal Bar		
			Salad Bar	Green Onions	Salad Bar		
			Cookie Tuesday!	Crispy Noodles			
	<i>11:30 AM</i>	<i>11:30 AM</i>	<i>11:30 PM</i>	<i>11:30 AM</i>	<i>11:50 AM</i>	<i>12:30PM</i>	
<b>DINNER</b>	Quesadilla Bar	Indian Tacos (Naan)	Orange Chicken	Grilled Cheese	Tator Tot Casserole	Vegetable Lentil Soup	Hot Dogs
	Rice/Beans/Tortilla chips	Beans/Rice	Yakisoba Noodles	Tomato Bisque	Steamed Veggies	Cornbread	Onion/Cheese
	Taco Meat/Jalapenos	Lettuce/Cheese/Jalapeno	Jasmine Rice	Carrot and Celery	French Bread	Butter and Honey	Condiments
	Cheese/Salsa/Sourcream	Onion/Olives/Peppers	Stir Fry Veggies	Cottage Cheese	Butter and Jam	Carrot and Celery	Potato Chips
	Guacamole/Olives/Onion	Tortilla Chips	Green onions/Cilantro	Rice/Beans	Rice and Beans	Salad bar	Carrot & Celery Sticks
	Fresh Fruit, Cereal Bar	Salsa/Sourcream	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar		Salad Bar
	<i>4:00pm</i>	Salad Bar	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:30pm</i>