

Upper Columbia Academy
October 3-9, 2021
Week # 7 - Supervisor on Duty: Mr. Riffel/
School Board, Hope Sign Up, Picture Day, WWU Fall Classic

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Coffee Cake	Pancakes	Oatmeal Breakfast Bar	Breakfast Burrito	Biscuits & Gravy	Breakfast Casserole	Muffins
	Scrambled Eggs	Syrup/Peanut Butter	Tofu/Boiled eggs	Hashbrowns	Scrambled Eggs	Tofu	Boiled Eggs/Tofu
	Oven Tofu	Whipped Topping	Blueberries/Mango	Scrambled Eggs	Tofu	Tator Tots	Stripples
	Hashbrowns	Scrambled Tofu	Coconut/Chia seeds	Salsa/Sour Cream	Pears	Peaches	Tater Tots
	Yogurt/Granola	Apple Sauce	Dried Cranberries	Tofu	Yogurt/Granola	Hot Cereal	Yogurt/Granola
	Peaches	Yogurt/Granola	Raisins	Peaches/Yogurt	Fresh Fruit, Cereal Bar	Yogurt/Granola	Peaches, Canned
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Yogurt/Toast	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>
LUNCH		Pasta Bar	Burrito Bar	Middle Eastern Wrap	Hawaiian Bowl	Slip "n" Sliders	Rice Bowls
		Marinara Sauce	Beans/Rice	Naan Bread	Jasmine Rice	Buns/Burgers	Beans/Burger
		Pesto Sauce	Shredded Lettuce	Falafel Patties	Sweet & Sour Chicken	Cheese Slices	Lettuce/Tomatoes
		Creamy Garlic Sauce	Diced Tomatoes	Hummus/Tzatziki Sauce	Stir Fry Veggies	Lettuce/ Tomato/Onion	Olives/Onions
		California Veggies	Diced Onions	Slice Tomato/Onion	Crispy Noodles	Seashore Fries	Cilantro
		French Bread	Shredded Cheese	Lettuce/Red Pepper	Fresh Toppings	Condiments	Salsa/Hot Sauces
		Fresh Fruit, Cereal Bar	Sour Cream	Cucumber Slices	Fresh Fruit	Fresh Fruit, Cereal Bar	Salad Bar
		Salad Bar	Salsa/Guacamole	Feta Cheese	Salad Bar	Salad Bar	Pie & Whipped Cream
			Fresh fruit, cereal bar	Salad Bar/Fresh Fruit			Fresh Fruit
		<i>12:15 PM</i>	<i>12:15 PM</i>	<i>12:15 PM</i>	<i>12:15 PM</i>	<i>11:50 AM</i>	<i>12:30PM</i>
DINNER	Stir Fry	Grilled Cheese Sand	Tater Tot Nacho's	Mac & Cheese	BLT Sandwiches	Chef's Choice	Hot Dogs
	Rice	Tomato Bisque	Beans/Burger Crumbles	Peas/Carrots	Nine Grain Bread		Chips
	Tofu	Cottage Cheese	Cheese/Tomato	Salad Bar	Stripples		Baked Beans
	Beans	Beans/Rice	Jalapenos/Onion/Olives	Baguettes	Tomato Slices		Carrots & Celery
	Fresh Fruit, Cereal Bar	Salad Bar	Lettuce	Butter and Jam	Lettuce		Condiments
	Salad Bar	Fresh Fruit, Cereal Bar	Sour Cream/Salsa	Beans/Rice	Pasta Salad		Beans/Rice
			Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Beans/Rice		Fresh Fruit, Cereal Bar
			Salad Bar		Fresh Fruit, Cereal Bar		Salad Bar
		<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:00pm</i>	<i>5:30pm</i>