

Upper Columbia Academy
October 10-16, 2021
Week #9 - Supervisors on Duty: Mrs. Sanford
Canadian Thanksgiving (Columbus Day), PSAT, Hope

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday/Hope</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	French Toast	Pumpkin Spice Pancakes	Oatmeal Breakfast Bar	Potato Cubes	Biscuits & Gravy	Waffles	Muffins/Bagels
	Scrambled Eggs	Scrambled Eggs	Blueberries/Mango	Scrambled Eggs	Scrambled Eggs	Strawberries	Hashbrowns
	Tofu	Scrambled Tofu	Coconut/Chia seeds	Tofu	Tofu	Scrambled Eggs	Tofu/ Eggs
	Strawberries/Whipped Topping	Apple Sauce	Dried Cranberries/Raisins	Ketchup	Peaches	Tofu	Sausage Patties
	Syrup/Peanutbutter	Whipped Topping	Brown Sugar	Salsa/Sour Cream	Yogurt/Granola	Applesauce	Yogurt/Granola
	Applesauce	Syrup/PB Packets	Boiled Eggs	Pears	Fresh Fruit, Cereal Bar	Whipped Topping/Syrup	Mixed Fruit
	Yogurt/Granola	Yogurt/Granola	Yogurt/Granola	Yogurt/Granola		Granola/Yogurt	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>
	LUNCH		Canadian Thanksgiving	Greek Isle Wraps	Fajita Bowl	Sack Lunches	Mexican Quinoa Tacos
		Vege-Steaks	Cream cheese/Hummus	Lettuce	Made at Breakfast	Rice/Beans	Green Beans
		Mashed Potatoes	Spinach/tomatoes	Black Beans		Tortilla Chips	Garlic Bread
		Fries & Gravy	Red Onion	Cilantro Lime Rice		Cheese/Lettuce	Fruit Pies
		Squash	Cucumbers	Grilled Peppers	<i>Hope Day</i>	Tomato/Onion/Limes	Whipped Cream
		Peas	Feta Cheese/Dressing	Corn Salsa		Sour Cream/Salsa	Fresh Fruit, Cereal Bar
		Pumpkin Pie	Greek Salad	Avacado/Guacamole		Fresh Fruit, Cereal Bar	Salad Bar
		Whipped Topping	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Salad Bar	
		Salad Bar	Salad Bar	Salad Bar			
		<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	Quesadilla Bar	Sub Sandwich Bar	Vegeburgers	Greek Isle Wraps	Pizza	Harvest Vegetable Soup	Nacho Bar
	Rice/Beans	Deli Meat/Cheese	Cheese/Lettuce	Cream cheese/Hummus	Veggie Sticks	Bread/Rolls	Taco Meat
	Cheese/onions	Egg and Tofu Salad	Tomato/Onions	Spinach/tomatoes		Carrots & Celery Sticks	Refried Beans
	Tomatoes/olives	Lettuce/Tomato	Pickles	Red Onion		Ranch Dip	Cheese Sauce
	Salsa/Sourcream/Guac	Condiments	Condiments	Cucumbers	Rice/Beans	Salad Bar-Short	Jalapenos/Salsa
	Fresh Fruit, Cereal Bar	Chips	French Fries	Feta Cheese/Dressing	Salad Bar-Short	Fresh fruit, cereal bar	Sour cream/onions
	Salad Bar	Rice/Beans	Rice/Beans	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Rice/ Beans	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Salad Bar/Fresh Fruit	Rice/Beans			
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:00pm</i>	<i>5:00pm</i>