Upper Columbia Academy
October 24-30, 2021
Week #10 - Supervisors on Duty:Mr Riffel
Second Quarter begins

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST		Pumpkin Spice Pancakes	Oatmeal Breakfast Bar	Breakfast Burritos	Biscuits & Gravy	Texas French Toast	Bagels
		Scrambled Eggs	Tofu/Boiled eggs	Scrambled Eggs	Scrambled Eggs	Strawberry Sauce	Tator Tots
		Tofu	Blueberries/Mango	Tofu	Tofu	Syrup/Peanutbutter	Stripples
		Whipped Topping	Coconut/Chia seeds	Tater Tots	Peaches	Tofu	Boiled Eggs
		Apple Sauce	Dried Cranberries/Raisins	Cheese/Onions	Yogurt/Granola	Applesauce	Tofu
		Syrup/Peanut Butter	Peaches	Pears	Fresh Fruit, Cereal Bar	Yogurt/Granola	Yogurt/Granola
		Yogurt/Granola	Yogurt/Granola	Salsa/Sour Cream		Fresh Fruit, Cereal Bar	Peaches
		Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar			Fresh Fruit, Cereal Bar
		7:15am	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH		Pasta Bar	Taco Bar	Asian Noodle Bowl	Vegeburgers	Baked Potato Bar	Haystacks
		Marinara	Beans/Rice	Yakisoba Noodles	Cheese/Lettuce	Chili Beans	Frito Chips
		Alfredo	Taco meat	Rice	Tomato/Onions	Cheese/Vegan Sauce	Beans
		Pesto	Cheese/tomatoes	Teriyaki Beef	Pickles	Broccoli/Tomatoes	Shredded Cheese
	Home Leave	Steamed Veggies	Lettuce/onions	Sweet and Sour Tofu	Condiments	Onions/Salsa/Baco Bits	Shredded Lettuce
		French Bread	Olives/Jalapenos	Stir Fry Veggies	French Fries	Fresh Fruit, Cereal Bar	Tomatoes/onion
		Ceasar Salad	Salsa/Sour cream	Crunchy Noodles	Fresh Fruit, Cereal Bar	Salad Bar	Olives/Salsa
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Green Onion/Cilantro	Salad Bar		Sour cream/Ranch
		Salad Bar	Cookies	Salad Bar			Dessert
		12:15 PM	***12:15 PM***	***12:15 PM***	***12:15 PM***	***11:50 AM***	***12:30PM***
DINNER		Burrito Bar	BLT Sandwiches	Macaroni and Cheese	Cuban Bowl	Broccoli Cheddar Soup	Chicken Nuggets
		Beans/Rice	Nine Grain Bread	Peas/Carrots	Cuban Balck Beans	Cornbread	French Fries
		Cheese/Lettuce	Stripples	Salad Bar	Spanish Rice	Crackers	Condiments
		Onion/Tomato/Olives	Tomato Slices	Rolls	Cheese/Onions	Fruit Salad	Cut Melon
		Jalapeno's/Cilantro	Lettuce	Butter and Jam	Tomato/olives	Fresh Fruit, Cereal Bar	Salad Bar
		Salsa/Sour cream	Pasta Salad	Beans/Rice	Sour cream/Salsa	Salad Bar	Beans/Rice
		Hot Sauces	Beans/Rice	Fresh Fruit, Cereal Bar	Salad Bar		Fresh Fruit, Cereal Bar
		Fruit Salad	Fresh Fruit, Cereal Bar		Fresh Fruit		
		5:10pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***