

Upper Columbia Academy

November 7-13, 2020

Week #2 - Supervisor on Duty: Mr Riffel

Daylight Savings Ends/Veteran's Day/Ensemble Tour/SAT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Coffee Cake	Pancakes	Oatmeal Breakfast Bar	Potatoes & Eggs	Biscuits & Gravy	French Toast	Muffins & Bagels
	Scrambled Eggs	Scrambled Eggs	Tofu/Boiled eggs	Tater Tots	Scrambled Eggs	Scrambled Eggs	Boiled Eggs
	Tofu	Tofu	Blueberries/Mango	Scrambled Eggs	Tofu	Tofu	Tofu
	Tater Tots	Whipped Topping	Coconut/Chia seeds	Tofu	Peaches	Strawberries/Syrup	Stripples
	Yogurt/ Granola	Apple Sauce	Dried Cranberries/Raisins	Salsa/Sour Cream	Yogurt/Granola	Whipped Topping	Yogurt/Granola
	Fresh Fruit, Cereal Bar	Syrup/Peanut Butter	Peaches	Pears	Fresh Fruit, Cereal Bar	Peaches	Peaches
	Belgium Waffles	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	
		<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	Taco Bar	Hawaiian Bowl	Vege-Burgers	Baked Potato Bar	Stuffed Shells
		Marinara Sauce	Beans/Rice	Jasmine Rice	French Fries	Tortilla Chips	Green Beans
		Alfredo Sauce	Shredded Lettuce	Sweet & Sour Chicken	Cheese Slices	Chili	Garlic Bread
		Pesto Sauce	Diced Tomatoes	Stir Fry Veggies	Lettuce/Tomatoes	Steamed Broccoli	Cesar Salad
		California Veggies	Diced Onions	Crispy Noodles	Onions/Pickles	Cheese Sauce	Fruit Pies
		Rolls/French Bread	Shredded Cheese	Fresh Toppings	Condiments	Cheddar/Sour Cream	Whipped Cream
		Fresh Fruit, Cereal Bar	Sour Cream	Fresh Fruit	Fresh Fruit, Cereal Bar	Onions/Salsa/Baco Bits	Fresh Fruit, Cereal Bar
		Salad Bar	Salsa/Guacamole	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar
			Cookie Tuesday			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	Nacho Bar	Sandwiches - BLT	Meat Ball Subs	Macaroni and Cheese	Burrito Bar	Soup & Sandwiches	Chicken Nuggets
	Refried Beans	Stripples	Sub Rolls	Peas/Carrots	Beans/Rice	Sub Sandwich Bar	French Fries
	Taco Meat	Lettuce	Meat Balls	Salad Bar	Cheese/Lettuce	Deli Meat/Cheese	Chef's Choice
	Cheese Sauce	Tomatoes	Marinara/Parmesan	Rolls	Onion/Tomato/Olives	Lettuce/Tomato	Condiments
	Cheddar/Onion	Chips	Green Beans	Butter and Jam	Jalapeno's/Cilantro	Condiments	Fruit Salad
	Salsa/Sourcream	Beans and Rice	Cottage Cheese	Beans/Rice	Ranch/Sour cream	Chips, Fruit Salad	Beans/Rice
	Guamole/Olives	Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar	Salsa	Rice/Beans	Salad Bar
	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:00pm</i>	<i>5:30 PM</i>