Upper Columbia Academy
November 14-20, 2021
Week #3 - Supervisors on Duty: Mrs Sanford
Family Weekend / Amateur Hour / FoundationONE Awards Assembly

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST		Pancakes	Oatmeal Breakfast Bar	Breakfast Burritos	Biscuits & Gravy	Waffles	Muffins & Bagels
		Scrambled Eggs	Tofu/Boiled eggs	Scrambled Eggs/Tofu	Scrambled Eggs	Scrambled Eggs	Boiled Eggs
		Tofu	Blueberries/Mango	Tater Tots	Tofu	Tofu	Tofu
	Senior Fundraiser	Whipped Topping	Coconut/Chia seeds	Cheese/Onions	Peaches	Strawberries/Syrup	Stripples
		Apple Sauce	Dried Cranberries/Raisins	Salsa/Sour Cream	Yogurt/Granola	Whipped Topping	Yogurt/Granola
		Syrup/Peanut Butter	Peaches	Pears	Fresh Fruit, Cereal Bar	Peaches	Peaches
		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	
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH		Pasta Bar	Taco Bar	Asian Haystacks	Thanksgiving Dinner	Vege-Burgers	Haystacks
		Marinara Sauce	Beans/Rice	Creamed FriChik	Holiday Loaf	French Fries	Frito Chips
		Alfredo Sauce	Cheese / Lettuce	Shred Carrots/Cabbage	Mashed Potatoes	Cheese Slices	Beans & Rice
		Pesto Sauce	Tomatoes / Onions	Diced Cucs /Tomato	Gravy/Cranberry Sauce	Lettuce/Tomatoes	Shredded Cheese
		Veggies	Jalapenos	Diced Peppers	Stuffing	Onions/Pickles	Lettuce/Tomatoes
		Rolls/Garlic Bread	Sour Cream	Pineapple Pieces	Roast Brussel Spouts	Condiments	Olives/Onions/Jalapeno
		Fresh Fruit, Cereal Bar	Salsa/Guacamole	Green Onions	Sweet Potatoes	Fresh Fruit, Cereal Bar	Salsa
		Salad Bar	Salad Bar / Fresh Fruit	Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar	Sour cream/Ranch
			Cookie Tuesday	Salad Bar	Pumpkin Pie		Dessert
		12:15 PM	***12:15 PM***	***12:15 PM***	***11:45 AM***	***11:50 AM***	***12:30PM***
DINNER	Quesadilla Bar	Burrito Bar	Ramen Bar	Macaroni and Cheese	Smoothies	Soup & Sandwiches	Pizza
	Rice/Beans	Beans/Rice	Tofu/Veg Chicken	Peas/Carrots	Chef's Choice	Sub Sandwich Bar	Veggie Sticks
	Shredded Cheese/onion	Cheese/Lettuce	Water Chestnuts, Peas	Salad Bar		Deli Meat/Cheese	Chef's Choice
	Olives/Guacamole	Onion/Tomato/Olives	Bok Choy, Corn, Carrots	Rolls		Lettuce/Tomato	Rice/Beans
	salsa/sour cream	Jalapeno's/Cilantro	Green Onions, Cabbage	Butter and Jam		Condiments	Salad Bar-Short
	Tortilla Chips	Salsa/Sour cream	Fresh Fruit, Cereal Bar	Beans/Rice	Fresh Fruit, Cereal Bar	Chips / Fruit Salad	Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar	Hot Sauces	Salad Bar	Salad Bar	Salad Bar	Rice/Beans	
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***