

Upper Columbia Academy

May 8-14 2022

Week #3 - Supervisors on Duty: Mrs. Sanford

Week of Prayer, Mother Daughter Brunch, Map Testing, Spring Picnic, School Board, HOPE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath	
BREAKFAST	Waffles	Pancakes	Oatmeal Bar	Potatoes and Eggs	Biscuits & Gravy	French Toast	Bagels/Cream Cheese	
	Strawberries	Syrup/Peanut Butter	Tofu/Boiled eggs	Tater Tots	Scrambled Eggs	Strawberries/Whip	Tofu	
	Whipped Topping	Scrambled Eggs	Blueberries/Mango	Scrambled Eggs	Baked Tofu	Apple Sauce	Boiled Eggs	
	Scrambled Eggs/Tofu	Baked Tofu	Coconut/Chia seeds	Baked Tofu	Pears	Tofu/Scrambled Egg	Tator Tots	
	Sausage Links	Apple Sauce	Dried Cranberries	Ketchup/Salsa	Yogurt/Granola	Pears	Sausage Patties	
	Yogurt/Granola	Peaches	Raisins	Peaches	Fresh Fruit, Cereal Bar	Yogurt/Granola	Yogurt/Granola	
	Fresh Fruit, Cereal Bar	Yogurt/Granola	Yogurt/Granola	Yogurt/Granola		Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar	
	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar	Make Sack Lunches				
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM	
LUNCH		Pasta Bar	Taco Bar	Veggie Burgers		Stroganoff	Lasagna	
		Marinara Sauce	Beans/Rice	French Fries		Egg Noodles	Garlic Bread	
		Alfredo Sauce	Lettuce/Olives	Lettuce/Tomatoes		Rice	Caribbean Veggies	
		Pesto Sauce	Tomatoes/Onions	Onions/Pickles	Hope	Steamed Veggies	Salad Bar	
		Garlic Bread	Cheese/Sour Cream	Condiments		Sack Lunches Made at Breakfast	Bread / Rolls	Dessert
		Steamed Veggies	Salsa/Guacamole	Fresh Fruit, Cereal Bar			Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Parmesan	Fresh fruit, cereal bar	Veggies			Salad Bar	
		Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar				
		Salad Bar	Cookie Tuesday					
		12:15 PM	12:15 PM	12:15 PM	12:15 PM	11:50 AM	12:30PM	
DINNER	Quesadilla Bar	Hot Dogs	Lettuce Wraps	Grilled Cheese	Pizza	Vegetable Lentil Soup	Chick Nuggets	
	Rice/Beans/Tortilla chips	Watermelon	Fillings/Sauces	Tomato Soup		Cornbread	Curly Fries	
	Cheese/Salsa/Sourcream	Potato Salad	Toppings	Carrots and Celery		Butter/Honey	Fry Sauce/BBQ	
	Jalapenos/Olives	Chips	Rice and Beans	Fruit Salda		Fruit Salad	Fruit Salad	
	Guacamole	Juice	Spring Rolls	Fresh Fruit, Cereal Bar		Crackers/Cheese	Fresh Fruit, Cereal Bar	
	Fresh Fruit, Cereal Bar	Ice cream Bars	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Carrots and Celery	Salad Bar	
	Salad Bar		Salad Bar	Rice/Beans	Salad Bar	Fresh Fruit, Cereal Bar		
					Rice and Beans			
	4:00pm	5:10pm	5:10pm	5:10pm	5:00pm	5:30pm		