

Upper Columbia Academy

September 1-7, 2019

Week #2 - Supervisor on Duty: Mrs. Allison, Micalyn Haugsted

Fall Picnic, Hope Sign-up, Backpacking, Freshman Retreat

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Coffee Cake	Breakfast Sandwiches	Blueberry Pancakes	Hashbrowns	Biscuits & Gravy	Waffles	Cinnamon Rolls
	Hashbrowns	Fried Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs	Scrambled Eggs	Strawberries	Scrambled Eggs/Tofu
	Fresh Fruit, Cereal Bar	Cheese	Whipped Topping	Cheese/Onions	Sauteed Mushrooms	Oatmeal	Stripples
	Fruit Smoothies	Vegi-meat	Scrambled Tofu	Salsa/Sour Cream	Cheese/Onions	Tofu	Hot Cereal
	Belgium Waffles	Condiments	Hot Cereal & Toppings	Tofu	Tofu	Yogurt & Pears	Fruit Smoothies
		Hot Cereal	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Belgium Waffles		Belgium Waffles	Belgium Waffles	Belgium Waffles
		Belgium Waffles					
	<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		Pasta Bar - Tortellini		Gluten Steaks	Griller Burgers	Baked Potato Bar	Lasagna
		Marinara Sauce		Mashed Potatoes	Curly Fries	Tortilla Chips	Green Beans
		Alfredo Sauce		Gravy	Lettuce/Tomatoes	Cheese/Vegan Sauce	Garlic Bread
		Pesto Sauce		Fresh Fruit, Cereal Bar	Onions/Pickles	Broccoli/Tomatoes	Garden Salad
		Rolls/French Bread	TACO BELL!	Salad Bar	Condiments	Onions/Salsa/Baco Bits	Fruit Pies
		Fresh Fruit, Cereal Bar		Bread Rolls	Fresh Fruit, Cereal Bar	Rice & Beans	Whipped Cream
		Salad Bar			Veggies	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
					Salad Bar	Salad Bar	Salad Bar
	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:15 PM</i>	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:30PM</i>	
DINNER	Little Pizzas	TaterTot Casserole		Sandwiches - BLT	Egg Rolls	Macaroni & Cheese	Baked Taquitos
	Veggie	Steamed Broccoli		Stripples	Fried-Rice w/Veggies	Vegan Mac & Cheese	Rice/Beans
	Fresh Toppings	Steamed Carrots		Lettuce	Beans	Peas	Tortilla Chips
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Tomatoes	Edamame	Salad bar	Steamed Veggies
	Salad Bar	Salad Bar	PIZZA!!!!	Chips	Cucumber/Dill Salad	Dinner rolls	Fresh Salsa
				Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Guacamole
				Salad Bar	Salad Bar		Salad Bar
							Fresh Fruit, Cereal Bar
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:30pm</i>	