

*Upper Columbia Academy
 September 15-21 2019
 Week # 4 - Supervisor on Duty:
 HOPE Taskforce, Homeleave*

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Blueberry Buckle	Breakfast Sandwiches	Choc. Chip Pancakes	Hashbrowns			
	Tofu	Fried Eggs/Tofu	Blueberry Sauce	Scrambled Eggs/Tofu			
	Oatmeal	Cheese	Whipped Topping	Cheese/Onions			
	Yogurt	Vegi-meat	Scrambled Tofu	Sausage Crumbles			
	Fresh fruit, cereal bar	Condiments	Hot Cereal & Toppings	Salsa/Sour Cream			
	Belgium Waffles	Hot Cereal	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar			
		Fresh Fruit, Cereal Bar	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 - Ravioli	Haystacks				
		Marinara Sauce	Pinto Beans				
		Alfredo Sauce	Cilantro/Lime Rice				
		Pesto Sauce	Shredded Lettuce				
		Rolls/French Bread	Diced Tomatoes	HOMELEAVE			
		Fresh Fruit, Cereal Bar	Diced Onions				
		Salad Bar	Shredded Cheese				
			Salsa				
			Guacamole				
	<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	Stroganoff	Macaroni & Cheese				
	Fresh Veggies	Steamed Veggies	Vegan Mac & Cheese				
	Fresh Toppings	Bread Rolls	Peas				
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Dinner rolls				
	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar				
			Salad 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>	