

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> | |