Upper Columbia Academy September 29-October 5, 2019

Week #1 - Supervisors on Duty:Sensei, Ryan Coon Class Election, HOPE Sign-up, WWU Fall Classic

| _ | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sabbath |
|------------|-------------------------|-------------------------|--------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| | Oatcakes | Huevos Rancheros | Pancakes | Quiche | Biscuits & Gravy | French Toast | Muffins |
| L | Blueberry Sauce | Fried Eggs | Peach Sauce | Breakfast Links | Fried Eggs | Strawberry Sauce | Hashbrowns |
| ST | Tofu | Mexican Cheese | Whipped Topping | Tofu | Sauteed Mushrooms | Cinnamon Applesauce | Tofu |
| FA | Scrambled eggs | Sauce/Sour Cream | Scrambled Tofu | Hashbrown Potatoes | Cheese/Onions | Tator Tots | Sausage Links |
| AKF, | Apple Sauce | Green Onions | Scrambled Eggs | Apple Sauce | Tofu | Toppings | Fresh fruit, cereal bar |
| E_{ℓ} | Fresh Fruit, Cereal Bar | Hot Cereal | Hot Cereal & Toppings | Hot cereal/Toppings | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Belgium Waffles |
| BRE | Belgium Waffles | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh fruit, cereal bar | Belgium Waffles | Belgium Waffles | Cream of Wheat |
| " | | Belgium Waffles | Belgium Waffles | Belgium Waffles | | | |
| | 10:00 AM | 7:15am | 7:15am | 7:15am | 7:15am | 7:15AM | 8:30AM |
| | | Pasta Bar - Angel hair | Enchiladas | Macaroni & Cheese | Sandwich Bar | Curry | Haystacks |
| | | Marinara Sauce | Roasted Corn | Vegan Mac & Cheese | Deli Meat | Rice | Beans/Rice |
| | | Alfredo Sauce | Tortilla Chips | Peas | Egg Salad | Hard Boiled Eggs | Shredded Lettuce |
| LUNCH | | Pesto Sauce | Fresh Salsa | Dinner rolls | Tofu Salad | Veggies | Diced Tomatoes |
| | | Steamed Veggie | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Chips | Flatbread | Diced Onions |
| | | Rolls/French Bread | Salad Bar | Salad Bar | Fresh Fruit | Fresh Fruit, Cereal Bar | Shredded Cheese |
| | | Salad Bar | | | Veggies | Salad Bar | Sour Cream |
| | | | | | Dressings | | Salsa/Guacamole |
| | | | Cookie Tuesday! | | Salad Bar | | Fresh fruit, cereal bar |
| | | 11:50 AM | 11:50 AM | 12:15 PM | 11:50 AM | 11:50 AM | 12:30PM |
| DINNER | Quesadilla Bar | Hot Dogs | Wraps/ | Crepes | Stroganoff | Chili | Chick Nuggets |
| | Cheese | Baked Beans | Cream cheese/Hummus/Pe | Cream Cheese Filled | Steamed Veggies | Corn Bread | tartar sauce |
| | Veggies | Potato Chips | Spinach/tomatoes/Red Oni | Fruit Filled | Bread Rolls | Butter | Curly Fries |
| | Sour Cream | Carrot & Celery Sticks | Cucumbers/Chicken Strips | Nutella Filled | Fresh Fruit, Cereal Bar | Apple Sauce/Honey | short salad bar |
| DI | Salsa | Cottage Cheese | Feta Cheese/Dressing | Fingerling Potatoes | Salad Bar | Green Salad | check left over |
| | Rice & Beans | Rice/Beans | Rice & Beans | Yogurt Parfait | | Rice/Beans Soup | rice/bean soup |
| | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar |
| | Salad Bar | Salad Bar | Salad Bar | | | Salad Bar | Salad Bar |
| | 4:00pm | 5:10pm | 5:10pm | 5:10pm | 5:10pm | 5:10pm | 5:30pm |