## Upper Columbia Academy September 8-14, 2019

## Week #3 - Supervisors on Duty:Mrs. Allison, Sydney Mathison Senior Survival, ITED Testing, Class Vespers, Closed Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Breakfast Casserole	Huevos Rancheros	Pancakes	Breakfast Burritos	Biscuits & Gravy	Texas French Toast	Crepes
	Tofu	Fried Eggs	Syrup/Peanut Butter	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberry Sauce	Cream Cheese Filled Blintz
	Shredded Cheese	Mexican Cheese	Whipped Topping	Tater Tots	Cheese/Onions	Cinnamon Applesauce	Fruit Filling
	Tater Tots	Sauce/Sour Cream	Scrambled Tofu	Cheese/Onions	Tofu	Red Cubed Potatoes	Nutella Filling
		Green Onions	Hot Cereal & Toppings	Sausage Crumbles	Fresh Fruit, Cereal Bar	Toppings	Sausage Patties
		Hot Cereal	Fresh Fruit, Cereal Bar	Salsa/Sour Cream	Belgium Waffles	Fresh Fruit, Cereal Bar	Fingerling Potatoes
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar		Belgium Waffles	Yogurt Parfait
	Belgium Waffles	Belgium Waffles		Belgium Waffles			Fresh Fruit, Cereal Bar
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
		Pasta Bar - Fettucini	Chile Relleno	Asian Haystacks	Meatball Subs	DIY Pizza Bar	Chicken Parmesan
		Marinara Sauce	Rice/Beans	Chinese Noodles	Assorted Chips	Naan Bread Crust	Mashed Potatoes
		Alfredo Sauce	Tortilla Chips	Creamed FriChik	Veggies	Red/Alfredo Sauce	Broccoli
Н		Pesto Sauce	Corn Salsa	Sweet and Sour Tofu	Dressings	Cheese/Onions	Cheese Sauce
LUNCH		Rolls/French Bread	Fresh Salsa	Shred Carrots/Cabbage	Fresh Fruit, Cereal Bar	Olives/Mushrooms	Sour Cream
		Fresh Fruit, Cereal Bar	Sour Cream	Diced Cucum/Tomato	Salad Bar	Pineapple/Jalapenos	Salsa
		Salad Bar	Tossed Salad	Diced Peppers		Bell Pepper	Chips
			Fresh Fruit, Cereal Bar	Pineapple Pieces		Fresh Fruit, Cereal Bar	Salad bar
			Salad Bar	Green Onions		Salad Bar	
L		11:50 AM	11:50 AM	12:15 PM	11:50 AM	11:50 AM	12:30PM
DINNER	Quesadilla Bar	Tater Stacks	Orange Chicken	Grilled Cheese	Chick Nuggets	Smoothie Bowls	Hot Dogs
	Rice/Beans	Beans/Rice	Chow Mein noodles	Tomato Bisque	Curly Fries	Potato Wedges	Chili
	Crispy Fri-Chik	Shredded Lettuce	Rice	Steamed Veggies	Steamed Veggies	Fry Sauce	Potato Chips
	Veggies	Diced Veggies	Green Beans	Fresh Fruit, Cereal Bar	Fry Sauce	Assorted Cut Fruit	Carrot & Celery Sticks
	Fruit Smoothies	Shredded Cheese	Mixed Steamed veggies	Salad Bar	Fresh Fruit, Cereal Bar	Chopped Nuts	Cottage Cheese
	Fresh Fruit, Cereal Bar	Salsa	Fresh Fruit, Cereal Bar	Rice/Beans	Salad Bar	Granola	Fresh Fruit, Cereal Bar
	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar			Fresh Fruit, Cereal Bar	Salad Bar
	4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:10pm	5:30pm