Upper Columbia Academy
October 13-19, 2019
Week #3 - Supervisors on Duty:
Sunday School, College Fair, PSAT, Homeleave

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST	Breakfast Casserole	Huevos Rancheros	Pancakes	Breakfast Burritos			
	Tofu	Fried Eggs	Syrup/Peanut Butter	Scrambled Eggs/Tofu			
	Shredded Cheese	Mexican Cheese	Whipped Topping	Tater Tots			
	Tater Tots	Sauce/Sour Cream	Scrambled Tofu	Cheese/Onions			
		Green Onions	Hot Cereal & Toppings	Sausage Crumbles			
		Hot Cereal	Fresh Fruit, Cereal Bar	Salsa/Sour Cream			
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar			
	Belgium Waffles	Belgium Waffles		Belgium Waffles			
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH	Hot Dogs	Pasta Bar - Fettucini	Chile Relleno				
	Baked Beans	Marinara Sauce	Rice/Beans				
	Potato Chips	Alfredo Sauce	Tortilla Chips				
	Carrot & Celery Sticks	Pesto Sauce	Corn Salsa	**HOMELEAVE**			
	Cottage Cheese	Rolls/French Bread	Fresh Salsa				
	Rice/Beans	Fresh Fruit, Cereal Bar	Sour Cream				
	Fresh Fruit, Cereal Bar	Salad Bar	Tossed Salad				
	Salad Bar		Fresh Fruit, Cereal Bar				
			Salad Bar				
	11:55AM	***11:50 AM***	***11:50 AM***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER	Quesadilla Bar	Tater Stacks	Orange Chicken				
	Rice/Beans	Beans/Rice	Chow Mein noodles				
	Crispy Fri-Chik	Shredded Lettuce	Rice				
	Veggies	Diced Veggies	Green Beans				
	Fruit Smoothies	Shredded Cheese	Mixed Steamed veggies				
	Fresh Fruit, Cereal Bar	Salsa	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***