

Upper Columbia Academy

October 20-262019

Week #4 - Supervisors on Duty: Sensei, Alex Wilfley

Amateur Hour Auditions, End of First Quarter

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST		Breakfast Sandwiches	Choc. Chip Pancakes	Hashbrowns	Biscuits & Gravy	Waffles	Muffins
		Fried Eggs/Tofu	Blueberry Sauce	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberries	Hashbrowns
		Cheese	Whipped Topping	Cheese/Onions	Cheese/Onions	Oatmeal	Tofu
		Vegi-meat	Scrambled Tofu	Salsa/Sour Cream	Tofu	Tofu	Sausage Links
		Condiments	Hot Cereal & Toppings	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Yogurt & Pears	Fresh fruit, cereal bar
		Hot Cereal	Fresh Fruit, Cereal Bar	Belgium Waffles	Belgium Waffles	Fresh fruit, cereal bar	Belgium Waffles
		Fresh Fruit, Cereal Bar	Belgium Waffles			Belgium Waffles	Cream of Wheat
		Belgium Waffles					
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
LUNCH		Pasta Bar - Ravioli	Haystacks	Biscuits	Chicken Burgers	TaterTot Casserole	Pasta marzetti (Penne)
		Marinara Sauce	Pinto Beans	Chicken Pot Pie	Regular Fries	Steamed Broccoli	Rolls
		Alfredo Sauce	Cilantro/Lime Rice	Broccoli	Lettuce/Tomatoes	Steamed Carrots	Steamed Veggies
		Pesto Sauce	Shredded Lettuce	Salad Bar	Onions/Pickles	Fresh Fruit, Cereal Bar	Salad Bar
	HOMELEAVE	Rolls/French Bread	Diced Tomatoes		Condiments	Salad Bar	Desserts
			Diced Onions		Fresh Fruit		
			Shredded Cheese		Veggies		
			Salsa				
		Guacamole					
	11:50 AM	11:50 AM	12:15 PM	11:50 AM	11:50 AM	12:30PM	
DINNER		Stroganoff	Macaroni & Cheese	Wraps/	Orange Chicken	Fruit Pizza	Chick Nuggets
		Steamed Veggies	Vegan Mac & Cheese	Cream cheese/Hummus/Pe	Chow Mein noodles	Tossed Salad/Croutons	Curly Fries
		Bread Rolls	Peas	Spinach/tomatoes/Red Oni	Rice	Salad Dressing	Steamed Veggies
		Fresh Fruit, Cereal Bar	Dinner rolls	Cucumbers/Chicken Strips	Green Beans	Icecream	Fry Sauce
		Salad Bar	Fresh Fruit, Cereal Bar	Feta Cheese/Dressing	Mixed Steamed veggies	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
			Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Salad Bar
				Salad Bar	Salad Bar		
	4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:30pm	