

**Upper Columbia Academy**  
**October 27 - November 2, 2019**

**Week #5 - Supervisors on Duty: Mrs. Allison, Emberly Gimmaka**  
**Second Quarter begins, PSAT, TechnicArts Fair, Music Tour, Senior Pic/Tribute**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	Coffee Cake	Breakfast Burritos	Pancakes	Breakfast Casserole	Biscuits & Gravy	Crepes	Cinnamon Rolls
	Scrambled Eggs	Scrambled Eggs/Tofu	Syrup/Peanut Butter	Tofu	Fried Eggs	Cream Cheese Filled Blintz	Stripples
	Tofu	Hashbrowns	Whipped Topping	Shredded Cheese	Sauteed Mushrooms	Fruit Filling	Boiled Eggs
	Tator Tots	Cheese/Onions	Scrambled Tofu	Tator Tots	Cheese/Onions	Nutella Filling	Tofu
	Yogurt	Sausage Crumbles	Hot Cereal & Toppings	Fresh Fruit, Cereal Bar	Tofu	Fingerling Potatoes	Yogurt
	Granola	Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar	Yogurt Parfait	Hot Cereal
	Apple Sauce	Fresh Fruits, Cereal Bar	Belgium Waffles		Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	Waffle Bar	Belgium Waffles				Belgium Waffles	Belgium Waffles
	<b>10:00 AM</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15am</b>	<b>7:15AM</b>	<b>8:30AM</b>
<b>LUNCH</b>		Pasta Bar - Spaghetti	Tamale Casserole	DIY Pizza Bar	Haystacks	Meatball Subs	Special K Loaf
		Marinara Sauce	Cilantro Lime Rice	Naan Bread Crust	Pinto Beans	Marinara	Mashed Potatoes
		Pesto Sauce	Fajita Veggies	Red/Alfredo Sauce	Cilantro/Lime Rice	Shredded Mozzarella	Gravy
		Alfredo Sauce	Sour Cream	Cheese/Onions	Shredded Lettuce	Steamed Broccoli	Peas and Corn
		Eggplant Parmesan	Salsa	Olives/Mushrooms	Diced Tomatoes	Dressings	Rolls
		Rolls/French Bread	Salad Bar	Pineapple/Jalapenos	Diced Onions	Fresh Fruit, Cereal Bar	Butter/ Jam
		Fresh Fruit, Cereal Bar	Cookies	Bell Pepper	Shredded Cheese	Salad Bar	Dessert
		Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salsa		Fresh Fruit, Cereal Bar
			Salad Bar	Guacamole		Salad Bar	
	<b>11:50 AM</b>	<b>11:50 AM</b>	<b>12:15 PM</b>	<b>11:50 AM</b>	<b>11:50 AM</b>	<b>12:30PM</b>	
<b>DINNER</b>	Ramen Bar	Chili Bowl	Sloppy Joes	Egg Rolls	Shamburgers	Broccoli Cheddar Soup	Sandwich Bar
	Broth	Chili	Buns/Sauce/Cheese	Fried-Rice w/Veggies	Cheese/Lettuce	Bread Bowls	Deli Meat/Cheese
	Veggies	Rice	Lettuce/onions	Tofu with Asian Sauce	Tomato/Onions	Crackers	Egg Salad
	Sliced Eggs/Tofu	Cheese/Onions	Tomatoes/Condiments	Edamame	Pickles	Steamed Veggie	Tofu Salad
	Tofu	Tomato/olives	Corn	Cut Pinapple/ Oranges	Condiments	Fresh Fruit, Cereal Bar	Tomatoes/Lettuce
	Fresh Fruit, Cereal Bar	Sour cream	Pasta Salad	Fresh Fruit, Cereal Bar	Sweet Potatoe Fries	Salad Bar	Onions/Condiments
	Salad Bar	Cornbread	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar		Chips
		Salad Bar	Salad Bar		Salad Bar		Fresh Fruit
	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	
<b>4:00pm</b>						Salad Bar	