

Upper Columbia Academy

Dec 1-7, 2019

Week #5 - Supervisors on Duty: Mrs. Allison, All Hands on Deck, Dylin Walker

Winter Banquet, Music Tour, Sensei's Birthday!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST		Breakfast Burritos	Pancakes	Breakfast Casserole	Biscuits & Gravy	Crepes	Cinnamon Rolls
		Scrambled Eggs/Tofu	Syrup/Peanut Butter	Tofu	Fried Eggs	Cream Cheese Filled Blintz	Stripples
		Tater Tots	Whipped Topping	Shredded Cheese	Sauteed Mushrooms	Fruit Filling	Boiled Eggs
		Cheese/Onions	Scrambled Tofu	Tater Tots	Cheese/Onions	Nutella Filling	Tofu
		Sausage Crumbles	Hot Cereal & Toppings	Fresh Fruit, Cereal Bar	Tofu	Fingerling Potatoes	Hot Cereal
		Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar	Yogurt Parfait	Yoghurt
		Fresh Fruits,Cereal Bar	Belgium Waffles		Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Belgium Waffles				Belgium Waffles	Belgium Waffles
	<i>10:00 AM</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15AM</i>	<i>8:30AM</i>
LUNCH		Pasta Bar - Spaghetti	Chicken Fajitas	Mazidrass	Shamburgers	Pita Bar	Manicotti
		Marinara Sauce	Black Beans/Rice	Basmati Rice	Cheese/Lettuce	Hummus/Pesto	Rolls
		Alfredo Sauce	Salsa	Curry Red Lentils	Tomato/Onions	Spinach, Tomato	Steamed Veggies
		Pesto Sauce	Sourcream	Cucumber Salsa	Pickles	Red Onion	Desserts
	HOMELEAVE	Rolls/French Bread	Cheddar	Greek Yogurt Sauce	Condiments	Feta, Cheese	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Sweet Potatoe Fries	Cucumber	Salad Bar
		Salad Bar	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Ranch	
					Salad Bar	Fresh Fruit, Cereal Bar	
					Salad Bar		
	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:15 PM</i>	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:30PM</i>	
DINNER		Tator Tot Casserole	Sloppy Joes	Egg Rolls	Crepes	Broccoli Cheddar Soup	Sandwich Bar
		Broccoli	Corn	Fried-Rice w/Veggies	Cherry Topping	Thai Coconut Soup	Deli Slices
		Rice/Beans	Pasta Salad	Beans	Blueberry Topping	Bread Bowls	Cheese
		Salad Bar	Fresh Fruit, Cereal Bar	Edamame	Cream cheese	Crackers	Vegan Cheese
		Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Nutella	Steamed Veggie	Tomato/Lettuce
				Salad Bar	Fingerling Potatoes	Fresh Fruit, Cereal Bar	Rice/Beans
					Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar
					Rice/Beans		Fresh Fruit, Cereal Bar
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:30pm</i>	