

Upper Columbia Academy
November 10-16 2019
Week #2 - Supervisor on Duty: Mrs. Allison, Alex Wilfley
School Picture Retakes, Music Tour

| | <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Sabbath</i> |
|------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| BREAKFAST | Coffee Cake | Breakfast Sandwiches | Blueberry Pancakes | Hashbrowns | Biscuits & Gravy | Waffles | Cinnamon Roll/Danish |
| | Scrambled Eggs | Fried Eggs/Tofu | Syrup/Peanut Butter | Scrambled Eggs | Scrambled Eggs | Strawberries | Boiled Eggs |
| | Scrambled Tofu | Cheese | Whipped Topping | Cheese/Onions | Sauteed Mushrooms | Oatmeal | Tofu |
| | Hashbrowns | Vegi-meat | Scrambled Tofu | Salsa/Sour Cream | Cheese/Onions | Tofu | Stripples |
| | Fresh Fruit, Cereal Bar | Condiments | Hot Cereal & Toppings | Tofu | Tofu | Yogurt & Pears | Hot Cereal |
| | Belgium Waffles | Hot Cereal | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh fruit, cereal bar | Fresh Fruit, Cereal Bar |
| | | Fresh Fruit, Cereal Bar | Belgium Waffles | Waffle Bar | Belgium Waffles | 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 - Tortellini | Taco Bar | Chicken Rice Casserole | Shamburgers | Baked Potato Bar | Gluten Steaks |
| | | Marinara Sauce | Beans/Rice | Steamed Veggies | Curly Fries | Tortilla Chips | Mashed Potatoes |
| | | Alfredo Sauce | Shredded Lettuce | Rolls | Lettuce/Tomatoes | Cheese/Vegan Sauce | Gravy |
| | | Pesto Sauce | Diced Tomatoes | Margarine/Jam | Onions/Pickles | Broccoli/Tomatoes | Steamed Veggies |
| | | Rolls/French Bread | Diced Onions | Fresh Fruit, Cereal Bar | Condiments | Onions/Salsa/Baco Bits | French Bread |
| | | Fresh Fruit, Cereal Bar | Shredded Cheese | Salad Bar | Fresh Fruit, Cereal Bar | Rice & Beans | Pumpkin Pie |
| | | Salad Bar | Sour Cream | | Veggies | Fresh Fruit, Cereal Bar | Whipped Topping |
| | | | Salsa/Guacamole | | Salad Bar | Salad Bar | Salad Bar |
| | | | Fresh Fruit, Cereal 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 | Little Pizzas | TaterTot Casserole | Stroganoff | Sandwiches - BLT | Egg Rolls | Chicken Noodle Soup | Sandwich Bar |
| | Veggie | Steamed Broccoli | Steamed Veggies | Stripples | Fried-Rice w/Veggies | Crackers | Chicken Salad |
| | Fresh Toppings | Steamed Carrots | Noodles | Lettuce | Beans/Rice | Rolls | Tofu Salad |
| | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Garlic French Bread | Tomatoes | Edamame | Margarine/Jam | Peanut Butter/ Jam |
| | Salad Bar | Salad Bar | Salad Bar | Chips | Asian Veggies | Fruit Salad | Lettuce/Tomatoes |
| | | | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Salad Bar | Onions/Pickles |
| | | | | Salad Bar | Salad Bar | | Chips |
| | | | | | | | Tossed Salad |
| | <i>4:00pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:45 PM</i> |
| | | | | | | | |