

Upper Columbia Academy

November 17-23, 2019

Week #3 - Supervisors on Duty: All Hand on Deck, Ryan Coon

Foundation One Assembly/Dinner, Midterm, Amateur Hour, Family Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Coffee Cake	Huevos Rancheros	Pancakes	Breakfast Burritos	Biscuits & Gravy	Texas French Toast	<b>Bagels</b>
	Scrambled Eggs	Fried Eggs	Syrup/Peanut Butter	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberry Sauce	Cream Cheese
	Tofu	Mexican Cheese	Whipped Topping	Tater Tots	Cheese/Onions	Cinnamon Applesauce	Boiled Eggs
	Shredded Cheese	Sauce/Sour Cream	Scrambled Tofu	Cheese/Onions	Tofu	Red Cubed Potatoes	Tofu
	Tater Tots	Green Onions	Hot Cereal & Toppings	Sausage Crumbles	Fresh Fruit, Cereal Bar	Toppings	Sausage Patties
	Fresh Fruit, Cereal Bar	Hot Cereal	Fresh Fruit, Cereal Bar	Salsa/Sour Cream	Belgium Waffles	Fresh Fruit, Cereal Bar	Potato Patties
	Belgium Waffles	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar		Belgium Waffles	Yogurt Parfait
		Belgium Waffles		Belgium Waffles			Fresh Fruit, Cereal Bar
	<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>
LUNCH		Pasta Bar - Fettucini	Cuban Black Bean Chili	Chicken Fingers	Asian Haystacks	DIY Pizza Bar	Hay Stacks
		Marinara Sauce	Rice	Potato Wedges	Creamed FriChik	Naan Bread Crust	Chips/beans
		Alfredo Sauce	Tortilla Chips	BBQ Sauce/ Tartar S.	Sweet and Sour Tofu	Red/Alfredo Sauce	cheese/sourcream
		Pesto Sauce	Fresh Salsa/Onions	Coleslaw	Shred Carrots/Cabbage	Cheese/Onions	guacamole/salsa
		Rolls/French Bread	Sour Cream/ Red Pepper	Spicy Califlower Bites	Diced Cucum/Tomato	Olives/Mushrooms	lettuce/onions
		Fresh Fruit, Cereal Bar	Cheddar cheese	Steamed Veggies	Diced Peppers	Pineapple/Jalapenos	tomatoes/olives
		Salad Bar	Steamed Vegetable	Salad Bar	Pineapple Pieces	Bell Pepper	Dessert
			Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Green Onions	Fresh Fruit, Cereal Bar	
		Salad Bar		Salad Bar	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>	
DINNER	Quesadilla Bar	Indian Naan Tacos	Orange Soy Curls	Grilled Cheese	Lentil Soup	Foundation One Dinner	
	Rice/Beans	Beans/Rice	Chow Mein noodles	Tomato Bisque	Potato Soup		
	Crispy Fri-Chik	Shredded Lettuce	Rice	Cottage Cheese	Rolls/Jam/PB		
	Veggies	Diced Veggie Toppings	Sweet and Sour Sauce	Steamed Veggies	Crackers/ Cheese		<b>AMATUER HOUR</b>
	Fruit Smoothies	Shredded Cheese	Asian Vegetables	Fresh Fruit, Cereal Bar	Carrot /Celery Sticks	<b>TACO BELL</b>	<b>SERVES FOOD</b>
	Fresh Fruit, Cereal Bar	Salsa	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar		
	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar	Rice/Beans	Salad Bar		
	<b>4:00pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:10pm</b>	<b>5:30pm</b>	