Upper Columbia Academy April 17- 23, 2016

Week #___1__ - Subject to Change

Hope Tuesday Spring Week of Prayer ''Closed Weekend''

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	French Toast	Breakfast Burritos	Biscuits & Gravy	Egg McMuffins	Bagels	Waffles	Baked Oatmeal Cake
r .	Strawberries	Scrambled Eggs	Hard Boiled Eggs	Tofu	Cream Cheese	Strawberries	Hard boiled eggs
ST	Whipped Topping	Toppings	Toppings	House Potatoes	Baked Tofu	Stripples	Tofu
FA	Tofu	Malt-O-Meal	Tofu	Pineapple	Fresh Grapes	Oatmeal	Apple Sauce
K	Breakfast Patties	Apple Sauce	Yogurt & Peaches	Grits	Oatmeal & Toppings	Tofu	Whipped topping
\mathbf{E}_{ℓ}	Fruit Cocktail	Tofu	Cream of Wheat	Yogurt	Yogurt	Yogurt & Pears	Cream of Wheat
BRI	Hot Cereal & Toppings	Fresh fruit, cereal bar					
	Fresh fruit, cereal bar	Belgium Waffles					
	10:00 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	8:30 AM
		UCA Mexican Grill	Baked Spaghetti	Jimmy Burgers	Pita Bar	Chili	Dinner Roast
		Black & Pinto Beans	French Bread	Oven Baked Fries	Hummus	Corn Bread	Steamed Potatoes
		Grilled squash/onion	Salad Bar	Cole Slaw	Pesto	Green Salad	Broccoli
Н		Veggie Toppings	Peas & Carrots	Fresh Fruit	Spinach, Tomato		Tossed Salad
NCH		Cilantro Lime Rice	Cookies		Red Onion		Pie
Ę		Corn & Fresh Salsa			Feta, Cheese		Vegan option
I					Cucumber		
					Ranch		
					Lentil Soup		
		11:45 AM	11:45 AM	11:45 AM	11:45 AM	11:15 AM	12:30 PM
	Chili Dogs:	Veggie Calzones	Minestrone Soup	Taco Soup	Tomato Soup	Fruit Salad	Grillers
	Big Franks, Chili	Spinach Salad	Crackers	Corn Chips	Short Sandwich bar	Egg Salad Spread	Potatoes Salad
ER	Onions, Cheese	Marinara Dipping Sauce	Garden Salad	Sour Cream & Cheese	Macaroni Salad	Tofu Salad Spread	Cottage Cheese
DINNER	Tortilla Chips, Salsa			Cilantro & Salsa		Variety Pack Chips	Pineapple
DI	Simple Salad Lettuce			Guacamole			
	Tomatoes/ Olives						
	Ranch and Italian	Fresh fruit, cereal bar					
	4:00 PM	5:30 PM					