

Upper Columbia Academy
May 1 - 7, 2016
Week # 3 - Subject to Change
Open Weekend

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	French Toast	Breakfast Burritos	Scrambled Eggs	Pancakes	Egg McMuffins	Waffles	Muffins
	Strawberries	Scrambled Eggs	Oven Roasted Potatoes	Applesauce	Tofu	Strawberries	Hash browns
	Applesauce	Toppings	with Peppers & Onions	Links	Pineapple Chunks	Whipping cream	Hard Boiled eggs
	Tofu	Malt-O-Meal	Tofu	Tofu	Yogurt	Links	Tofu
	Breakfast Patties	Apple Sauce	Yogurt	Yogurt	Mixed Fruit	Tofu	Hot Cereal
	Hot Cereal	Tofu	Peaches	Pears		Yogurt	Yogurt & Pineapple
	Fresh Fruit, Cereal Bar	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	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles
	<i>10:00 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>8:30 AM</i>
LUNCH		Fajitas	Pasta	Seasoned flat bread	Chicken Nuggets	Nacho Bar	Spaghetti Marzetti
		Grilled Veggies	Mushroom Sauce	Hummus	Mashed Potoes	Refried Beans	Green Beans
		Mixed Beans	Marinara Sauce	Pesto	Green beans	Super Dip	Garlic Bread
		Grilled Soy meat	Garlic Baked Broccoli	Spinach, Tomato	Salad Bar	Brown Rice	Garden Salad
		Guacamole & Cheese	Salad Bar	Red Onion, Cucumber	Dinner Rolls		Fruit Crisp
		Sour Cream	Fresh Bread Sticks	Feta, Cheese		Jalapenos & Onion	
		Mango Salsa	Cookies	Onion Cucumber Salad		Olives & Sour Cream	
		Regular Salsa		Salad Bar		Cilantro & Salsa	
		Cilantro Lime Rice		Mrs. Kravig Soup			
	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:15 AM</i>	<i>12:30 PM</i>	
DINNER	Chili Dogs:	Shishcabobs	Meat ball hoagies	Potatoes Soup	Sloppy Joes	Fruit Pizza	Grillers
	Big Franks, Chili	Fried Rice	Seasoned corn	Corn Bread	Baked Fries	Popcorn	French Fries
	Onions, Cheese	Egg Rolls	Tossed salad	Garden Salad	Short Salad Bar	Beans/Rice	Tossed Salad
	Tortilla Chips, Salsa	Tossed Salad		Cottage Cheese			
	Simple Salad Lettuce			Peaches			
	Tomatoes/ Olives						
	Ranch and Italian	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	<i>4:00 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	