

Upper Columbia Academy

May 15 - 21, 2016

Week # 5 - Subject to Change

4 year Senior Trip

Flower Vespers

Open Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	French Toast	Breakfast Burritos	Breakfast Oat Cake	Biscuits & Gravy	Croissant Sandwiches	Waffles	
	Strawberries	Tofu	Breakfast Links	Hard Boiled Eggs	Fried Eggs	Strawberries	
	Applesauce	Fruit Cocktail	Applesauce	Toppings	Soy Meat	Applesauce	Lunch Line
	Tofu	Grits	Pear cream	Tofu	Oatmeal	Oatmeal	
	Breakfast Patties	Pineapple	Baked Tofu	Yogurt & Peaches	Toppings	Scrambled Eggs	
	Hot Cereal		Oatmeal	Cream of Wheat	Pears Yogurt	Tofu	
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Toppings	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	
	10:00 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	8:30 AM
LUNCH		Wrap Bar	Tacos	Ala King Supreme	Egg Rolls	Chicken Burgers	Manicotti
		Sundried Tomato	Seasoned soy Meat	Rice	Fresh Rolls w/f Vegan	Wheat Buns	Sliced french bread
		Cream cheese	Refined Beans	Mashed Potatoes	Rice brown & white	Cheese	Garlic butter
		Pesto Hummus	Cheese Lettuce	Carrots	Stir Fried Veggies	Lettuce	Peas carrots
		Chicken strips	Tomatoes	Brussels Sprouts	Chinese Crunchy Salad		Toss Salad
		Tomato Spinach	Guacamole	Dinner Rolls	Spinach Salad with	Chips	
		Purple Onion	Salsa	Mixed greens Salad	Raspberry dressing	Fresh Veggies	
		Dressings	Sour cream	Toppings		Dip	
		Pasta Salad		Dressings			Cookies
		11:45 AM	11:45 AM	11:45 AM	11:45 AM	11:15 AM	12:30 PM
DINNER	Baked Burritos	Potato Soup	Grillers	Hors d' oeuvres Dinner	Italian Minestrone	Fruit Bar:	Hoagie Bar
	Mexican Rice	Split Pea Soup	Grilled Onions	Spinach Dip	Soup	Grapefruit, Oranges	Chips
	Corn	Corn Bread	Cheese, Lettuce	Toasted Baguettes	French Bread	Apples, Grapes	Potato Salad
	Chips/ Salsa	Crackers/Cheese	Tomatoes	Hummus, Pita/ cukes	Garlic Butter	Pineapple, Honeydew	Carrots
		Salad Dressings	Macaroni Salad	Veggie Pesto Pasta	Olive Garden Type	Cantaloupe, Kiwi	
				Spinach/Tomato Salad		Spreads: Egg Salad	
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Italian & ranch dressing	Fresh Fruit, Cereal Bar	Garbanzo bean spread	Fresh Fruit, Cereal Bar
		Belgium Waffles	Belgium Waffles	Crouton,Cottage cheese	Belgium Waffles	Croissants, & Bagels	Belgium Waffles
	4:00 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM