Upper Columbia Academy
May 22 - 28, 2016
Week #___1____ - Subject to Change
Track and field day 23 Awards banquet 25 Gymnastics home show 28 Choral concert in Spokane 27 closed weekend

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	French Toast	Breakfast Burritos	Biscuits & Gravy	Egg McMuffins	Bagels	Waffles	Baked Oatmeal Cake
	Strawberries	Scrambled Eggs	Hard Boiled Eggs	Tofu	Cream Cheese	Strawberries	Hard boiled eggs
	Whipped Topping	Toppings	Toppings	House Potatoes	Baked Tofu	Stripples	Tofu
	Tofu	Malt-O-Meal	Tofu	Pineapple	Fresh Grapes	Oatmeal	Apple Sauce
	Breakfast Patties	Apple Sauce	Yogurt & Peaches	Grits	Oatmeal & Toppings	Tofu	Whipped topping
	Fruit Cocktail	Tofu	Cream of Wheat	Yogurt	Yogurt	Yogurt & Pears	Cream of Wheat
	Hot Cereal & Toppings	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
	10:00 AM	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***8:30 AM***
LUNCH		UCA Mexican Grill	Baked Spaghetti	Grillers	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
		Veggie Toppings	Peas & Carrots	Fresh Fruit	Spinach, Tomato		Tossed Salad
		Cilantro Lime Rice	Cookies		Red Onion		Pie
		Corn & Fresh Salsa			Feta, Cheese		Vegan option
					Cucumber		
					Ranch		
					Lentil Soup		
		11:45 AM	***11:45 AM***	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER	Chili Dogs:	Veggie Calzons	Minestrone Soup		Tomato Soup	Fruit Salad	Grillers
	Big Franks, Chili	Spinach Salad	Crackers		Short Sandwich bar	Egg Salad Spread	Potatoes Salad
	Onions, Cheese	Marinara Dipping Sauce	Garden Salad	Awards Banquet	Macaroni Salad	Tofu Salad Spread	Cottage Cheese
	Tortilla Chips, Salsa					Variety Pack Chips	Pineapple
	Simple Salad Lettuce						
	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
	4:00 PM	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***