Upper Columbia Academy
May 8 - 14, 2016
Week #___ 4____ - Subject to Change

Biology Field Trip 10th Tuesday Lunch Line? Faculty Advisee Vespers Friday night Choir Tour

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	French Toast	Breakfast Burritos	Egg McMuffins	Huevos rancheros	Biscuits & Gravy	Waffles	Cinnamon Rolls
	Strawberries	Scrambled Eggs	Tofu	Country fried potatoes	Hard Boiled Eggs	Strawberries	Breakfast Patties
	Applesauce	Toppings	Pineapple Chunks	Avocado	Toppings	Whipping cream	Hard Boiled Eggs
	Tofu	Malt-O-Meal	Grits	Sour Cream	Tofu	Links	Tofu
	Breakfast Patties	Apple Sauce		Grated cheese	Yogurt & Peaches	Tofu	Yogurt
	Hot Cereal	Tofu			Cream of Wheat	Yogurt	Pears
	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	Sloppy Joes	Creamy Rice Casserole	Fresh Pizza	Stroganoff	Crusty Pot Pie	Fajitas	Veggies Cutlets
	Fries	Home made Rolls	Pesto, Ranch	Roasted Root veggies	Lima Beans	Black beans	Scallop Potatoes
	Broccoli	Green beans	Red Sauce	Bread sticks	Wheat dinner Rolls	Grilled Veggies	Mixed Veggie
	Salad Bar	Seasoned Corn	Cheddar Cheese	Salad Bar	Sort Salad Bar	Mixed Beans	Dinner Rolls
		Dinner rolls	Feta				Ice Cream/Sorbet
			Broccoli, Tomato			Guacamole & Cheese	
			Purple onion, Olives			Sour Cream & Salsa	
			Mushrooms, Peppers			Cilantro Lime Rice	
			Dressings			Corn chips	
		11:45 AM	***11:45 AM***	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER	Little Pizzas	Manicotti	Corn dogs	Chicken Burgers	Lentil Soup	Creamy Veggie Soup	Pop Corn
	Toppings	Green beans	Potato Salad	Chips	Pita wedges/ Hummus	Fresh Dinner Rolls	Fruit Salad
	Garden salad	Garlic Bread	Fruit salad	Fresh Carrots/ Celery	Green Salad	Garden Salad	Egg Salad
	Cottage Cheese	Short Salad bar		Dip	Orange/ Apple slices	Cottage Cheese	Tofu Spread
	Peaches						Fresh bread
							Croissants
	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
	4:00 PM	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***