Upper Columbia Academy
February 12 -18, 2017
Week #___ 2 ____ - Subject to Change
Midterm/SWOP/HOPE Thurs/ 4-Year Senoir Benefit

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST		French Toast	Breakfast Burritos	Biscuits & Gravy	Pancakes	Omelets	Waffles	
		Strawberries	Scrambled Eggs	Hard Boiled Eggs	Applesauce	Tri Tators	Strawberries	
		Applesauce	Toppings	Toppings	Links	Tofu	Applesauce	**Breakfast Line**
		Tofu	Malt-O-Meal	Tofu	Tofu	Pears	Oatmeal	
		Breakfast Patties	Apple Sauce	Yogurt & Peaches	Yogurt	Hot Cereal	Scrambled Eggs	
		Hot Cereal	Tofu	Cream of Wheat	Pears		Tofu	
		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	
		10:00 AM	*6:30 AM*	*6:30 AM*	*6:30 AM*	*6:30 AM*	*6:30 AM*	*8:30 AM*
LUNCH			Prime Stakes	Potato Bar	Asian Haystacks	Fresh Pizza	Burrito Bar	Lasagna
			Mashed Potatoes	Chili	Brown Rice	Red Sauce	Pinto Beans	Green Beans
			Green Beans	Broccoli	Black Beans	Pesto Sauce	Rice	Garlic Bread
			Salad Bar	Cheese Sauce	Cabbage & Celery	Cheese/Feta	Lettuce & Tomato	Garden Salad
				Chips	Red Pepper	Peppers /Tomatoes	Cheese & Olives	Fruit Pies
				Salad bar	Cucumber	Onions / Mushrooms	Salsa & Sour Cream	
				Cookies	Carrots	Spinach		
					Pineapple Chunks	Ranch, Italian Dressings		
					Asian Sauce			
			11:45 AM	*11:45 AM*	*11:45 AM*	*11:45 AM*	*11:15 AM*	*12:30 PM*
DINNER		Baked Bean Burritos	Little Pizzas	Mac and Cheese	Chili Dogs	Taco's	Fruit Soup	Black Bean Burgers
		Fresh salsa	Toppings, Pineapple	Peas	Chips		Toast	Sweet Potato Fries
		Bean & Rice	Olives, Onion	Toss Salad	Toss Salad		Hard boiled eggs	Carrot & Celery Sticks
		Chips	Peppers, Mushrooms	Dinner Rolls			Oven Baked Tofu	Cottage Cheese
			Toss Salad					Peaches
			Ranch & Italian				**Sack Breakfast Line**	
		Fresh Fruit, Cereal Bar	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*