

Upper Columbia Academy
February 19 - 25, 2017
Week # 3 - Subject to Change
21rd Board meeting Senior Recognition 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	Scrambled Eggs	Biscuits & Gravy	Pancakes	Egg McMuffins	Waffles	Breakfast cake
	Strawberries	Oven Roasted Potatoes	Hard Boiled Eggs	Applesauce	Tofu	Strawberries	Links
	Applesauce	with Peppers & Onions	Toppings	Links	Pineapple Chunks	Whipping cream	Hard Boiled eggs
	Tofu	Tofu	Tofu	Tofu	Yogurt	Links	Baked Tofu
	Breakfast Patties	Yogurt	Yogurt & Peaches	Yogurt	Mixed Fruit	Tofu	Hot Cereal/Toppings
	Hot Cereal	Peaches	Cream of Wheat	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	Grillers	Nacho Bar	Spaghetti Marzetti
		Grilled Veggies	Mushroom Sauce	Hummus	Potatoes Salad	Refried Beans	Green Beans
		Mixed Beans	Marinara Sauce	Pesto	Fresh cut fruit &	Super Dip	Garlic Bread
		Grilled Soy meat	Garlic Baked Broccoli	Spinach, Tomato	Veggies	Brown Rice	Garden Salad
		Guacamole & Cheese	Salad Bar	Red Onion, Cucumber	Poataoe chips	Cheese Sauce	Brownies
		Sour Cream & Salsa	Bread Sticks	Feta, Cheese		Jalapenos & Onion	
		Cilantro Lime Rice	Cookies	Onion Cucumber Salad		Olives & Sour Cream	
		Corn chips		Salad Bar		Cilantro & Salsa	
	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 PM</i>	<i>11:15 AM</i>	<i>12:30 PM</i>	
DINNER	Chili Dogs:	Fried Rice	Meat ball hoagies	Potato Soup	Taco's	Fruit Salad	Grillers
	Big Franks, Chili	Egg Rolls	Seasoned corn	Corn Bread		Popcorn	French Fries
	Onions, Cheese	Tossed Salad	Tossed salad	Garden Salad		Egg spread/Garbanzo	Tossed Salad
	Tortilla Chips, Salsa			Cottage Cheese		Spreads	
	Simple Salad Lettuce			Peaches		Crossants	
	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>	