

*Upper Columbia Academy*

*March 12 - 18, 2017*

*Week # 1 - Subject to Change*

*Spring Break & Mission trips Starts 15th 12:12pm*

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	French Toast	Breakfast Burritos	Biscuits & Gravy	Waffles			
	Strawberries	Tofu	Hard Boiled Eggs	Strawberries			
	Applesauce	Fruit Cocktail	Toppings	Stripples			
	Tofu	Grits	Tofu	Oatmeal			
	Breakfast Patties	Pineapple	Yogurt & Peaches	Tofu			
	Hot Cereal		Cream of Wheat	Yogurt & Pears			
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar			
		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>
<b>LUNCH</b>		Wrap Bar	Asian Haystacks				
		Sundried Tomato	Brown Rice				
		Cream cheese	Black Beans	Lunch Line			
		Pesto Hummus	Cabbage & Celery				
		Chicken strips	Red Pepper				
		Tomato Spinach	Cucumber				
		Purple Onion	Carrots				
		Dressings	Pineapple Chunks				
	Pasta Salad	Asian Sauce					
	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:15 AM</i>	<i>12:30 PM</i>	
<b>DINNER</b>	Baked Burritos	Potato Soup	Grillers				
	Mexican Rice	Split Pea Soup	Grilled Onion				
	Corn	Corn Bread	Lettuce				
	Chips/ Salsa	Crackers/Cheese	Cheese				
		Salad Dressings	Tomatoes				
			Macaroni Salad				
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar				
		Belgium Waffles	Belgium Waffles	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>
<i>4:00 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>					