Upper Columbia Academy
March 5 - 11, 2017
Week #__ 5____ - Subject to Change

Closed Weekend ***Music Tour*** *Sunday School March 12th* **DAYLIGHT SAVINGS 12TH**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	French Toast	Bagels/Cream cheese	Biscuits & Gravy	Pancakes	Croissant Sandwiches	Waffles	Cinnamon Rolls
	Strawberries	Tofu	Hard Boiled Eggs	Applesauce	Fried Eggs	Strawberries	Tofu
	Applesauce	Breakfast Patties	Toppings	Links	Soy Meat	Applesauce	Hard boiled eggs
	Tofu	Grits	Tofu	Tofu	Oatmeal	Oatmeal	Country Potatoes
	Breakfast Patties	Pineapple	Yogurt & Peaches	Yogurt	Toppings	Scrambled Eggs	Mixed Fruit
	Hot Cereal		Cream of Wheat	Pears	Pears Yogurt	Tofu	Yogurt/ Peaches
	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		Wrap Bar	Asian Haystacks	Prime stakes	Egg Rolls	Raviolis	Haystacks
		Sundried Tomato	Brown Rice	Mashed Potatoes	Fresh Rolls w/f Vegan	Sliced frenched bread	Cookie Bars
		Cream cheese	Black Beans	Mixed Veggies	Rice brown & white	Garlic butter	
		Pesto Hummus	Cabbage & Celery	Salad Bar	Stir Fried Veggies	Peas carrots	
		Chicken strips	Red Pepper	Dinner Rolls	Chinese Crunchy Salad	Toss Salad	
		Tomato Spinach	Cucumber		Spinach Salad with		
		Purple Onion	Carrots		Raspberry dressing		
		Dressings	Pineapple Chunks				
		Pasta Salad	Asian Sauce				
		11:45 AM	*11:45 AM*	*11:45 AM*	*11:45 AM*	*11:15 AM*	*12:30 PM*
DINNER	Baked Burritos	Potato Soup	Grillers	Sloppy Joes	Tacos	Fruit Bar:	Hoagie Bar
	Mexican Rice	Split Pea Soup	Grilled Onions	Baked Fries	Seasoned soy Meat	Grapefruit, Oranges	Chips
	Corn	Corn Bread	Cheese Lettuce	Short Salad Bar	Refined Beans	Apples, Grapes	Potato Salad
	Chips/ Salsa	Crackers/Cheese	Tomatoes		Cheese Lettuce	Pineapple, Honeydew	Carrots
		Salad Dressings	Macaroni Salad		Tomatoes	Cantaloupe, Kiwi	
					Guacamole	Spreads: Egg Salad	
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Salsa	Garbanzo bean	Fresh Fruit, Cereal Bar
		Belgium Waffles	Belgium Waffles		Sour cream	Croissants, & Bagels	Belgium Waffles
	4:00 PM	*5:30 PM*	*5:30 PM*	*5:30 PM*	*5:30 PM*	*5:30 PM*	*5:30 PM*