## Upper Columbia Academy April 16- 22, 2017

Week #\_\_\_1\_\_ - Subject to Change

ACT Hope Thursday Spring Week of Prayer "Closed Weekend"

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	French Toast	Crepes	Breakfast Burritos	Egg McMuffins	Biscuits & Gravy	Waffles	Baked Oatmeal Cake
r .	Strawberries	Hot fruit	Scrambled Eggs	Tofu	Hard Boiled Eggs	Strawberries	Hard boiled eggs
ST	Whipped Topping	Whipping Cream	Toppings	House Potatoes	Toppings	Stripples	Tofu
FA	Tofu	Hard boiled eggs	Malt-O-Meal	Pineapple	Tofu	Oatmeal	Apple Sauce
K	Breakfast Patties	Tofu	Apple Sauce	Grits	Yogurt & Peaches	Tofu	Whipped topping
$\mathbf{E}'$	Fruit Cocktail	Yogurt & Peaches	Tofu	Yogurt	Cream of Wheat	Yogurt & Pears	Cream of Wheat
BR	Hot Cereal & Toppings	Fresh Fruit, Cereal Bar					
	Fresh fruit, cereal bar	Belgium Waffles					
	10:00 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	8:30 AM
		UCA Mexican Grill	Spaghetti	Jimmy Burgers	Pita Bar	Chili	Dinner Roast
		Black & Pinto Beans	French Bread	Oven Baked Fries	Hummus	Corn Bread	Steamed Potatoes
		Grilled squash/onion	Salad Bar	Cole Slaw	Pesto	Green Salad	Broccoli
Н		Veggie Toppings	Peas & Carrots	Fresh Fruit	Spinach, Tomato		Tossed Salad
NCH		Cilantro Lime Rice	Cookies		Red Onion		Brownies
Ę		Corn & Fresh Salsa			Feta, Cheese		Vegan option
I					Cucumber		
					Ranch		
					Lentil Soup		
		11:45 AM	11:45 AM	11:45 AM	11:45 AM	11:15 AM	12:30 PM
	Chili Dogs:	Mac and cheese	Sub Sandwitche	Creamy veggie soup	Taco Bar	Fruit Salad	Grillers
	Big Franks, Chili	Baked beans	Variety packes of chips	Buns		Egg Salad Spread	Potatoes Salad
DINNER	Onions, Cheese	Veggies	Oranges and Apples	Garden Salad		Tofu Salad Spread	Cottage Cheese
$\mathbb{Z}$	Tortilla Chips, Salsa	Fresh dinner rolls		Cottage cheese		Potato chips	Pineapple
DI	Simple Salad Lettuce			Pinapple			
	Tomatoes/ Olives						
	Ranch and Italian	Fresh fruit, cereal bar					
	4:00 PM	5:30 PM					