

Upper Columbia Academy
April 9- 15, 2017
Week # 5 - Subject to Change

ASB Banquet

Music Gymnastics Tour

" Open 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	Bagels/Cream cheese	Biscuits & Gravy	Breakfast Oat Cake	Croissant Sandwiches	Waffles	
	Strawberries	Tofu	Hard Boiled Eggs	Breakfast Links	Fried Eggs	Strawberries	
	Applesauce	Breakfast Patties	Toppings	Applesauce	Soy Meat	Applesauce	
	Tofu	Grits	Tofu	Pear cream	Oatmeal	Oatmeal	Breakfast Line
	Breakfast Patties	Pineapple	Yogurt & Peaches	Baked Tofu	Toppings	Scrambled Eggs	
	Hot Cereal		Cream of Wheat	Oatmeal	Pears Yogurt	Tofu	
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Toppings	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
		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		Wrap Bar	Chichen Nuggets	Asian Haystacks	Raviolis	Curry	Haystacks
		Sundried Tomato	Green Bean Casserole	Black beans	Sliced French bread	Eggs and Tofu	Cookie Bars
		Cream cheese	Mixed veggies	Rice	Garlic butter	Rice brown & white	
		Pesto Hummus	Dinner rolls	Sautéed veggies	Peas carrots	Stir Fried Veggies	
		Chicken strips		Pineapple	Toss Salad	Chinese Crunchy Salad	
		Tomato Spinach		Tomatoes/Cucumbers	Spinach Salad with	Spinach Salad with	
		Purple Onion		Onions/Cabbage	Raspberry dressing	Raspberry dressing	
		Dressings		Crunchy noodles			
		Pasta Salad		Dressings			
		<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>
DINNER	Baked Burritos	Grillers	Potato Soup	Ramen Noodle Bar	Tacos	Ravioli	Hot Dogs
	Mexican Rice	Grilled Onions	Split Pea Soup	Toppings	Seasoned soy Meat	Peas and carrots	Chili
	Corn	Cheese Lettuce	Corn Bread	Salad Bar	Refined Beans	French bread	Cheese Chips
	Chips/ Salsa	Tomatoes	Crackers/Cheese		Cheese Lettuce		Fruit salad
		Macaroni Salad	Salad Dressings		Tomatoes	Breakfast Line	
					Guacamole		
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salsa	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
					Sour cream		
<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>	