Upper Columbia Academy May 21- 27th, 2017

Week #___1__ - Subject to Change

Awards banquet 24 Flower Vespers ASB Outdoor Church 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
SI	Whipped Topping	Whipping Cream	Toppings	House Potatoes	Toppings	Stripples	Tofu
FA	Tofu	Hard boiled eggs	Malt-O-Meal	Pineapple	Tofu	Oatmeal	Apple Sauce
\KF	Breakfast Patties	Tofu	Apple Sauce	Grits	Yogurt & Peaches	Tofu	Whipped topping
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
Η		Veggie Toppings	Peas & Carrots	Fresh Fruit	Spinach, Tomato		Tossed Salad
LUNCH		Cilantro Lime Rice	Cookies		Red Onion		Brownies
Ŋ		Corn & Fresh Salsa			Feta, Cheese		Vegan option
Τ					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
_ 4	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					