

Upper Columbia Academy

Feb 25 - Mar 3, 2018

Week # 4 - Subject to Change

Rec Ski/ Student Week of Prayer/ ACT/4-Year Senior Benefit "Closed Weekend"

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST				Bagels	Breakfast Burritos	Apple/Cherry Turnover	
	Banana Splits	Egg Muffin Bar	Magic Mountain	Cream Cheese	SourCream/Salsa	Cube Red Potatoes	
	Honey/Maple Syrup	Fried Eggs	Hashbrown/biscuits	Hard Boiled eggs	Shredded Cheese	Breakfast Sausage Patties	
	Links	Condiments	Scrambled Eggs	Stripples	Diced Onion		
	Ketchup	Veggie Meat	Gravy/Burger/Cheese	Apple Sauce	Scramble Eggs		
	Fresh Cut Fruits						
	Tofu/Sauces/Yogurt	Tofu/Sauces/Yogurt	Tofu/Sauces/Yogurt	Tofu/Sauces/Yogurt	Tofu/Sauces/Yogurt	Tofu/Sauces/Yogurt	Tofu/Sauces/Yogurt
	Hot Cereal/Dry Toppings	Hot Cereal/Dry Toppings	Hot Cereal/Dry Toppings	Hot Cereal/Dry Toppings	Hot Cereal/Dry Toppings	Hot Cereal/Dry Toppings	Hot Cereal/Dry Toppings
	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
<i>10:00 AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>8:30 PM</i>	
LUNCH					Chicken Burger		Manicotti
		Breakfast for Lunch	Fried Rice	5 Cheese Ziti	Hamburger Buns	Special K Loaf	Cesar Salad
		Pancake Bar	Pansit	Texas Toast Garlic Bread	Condiments	Green Beans	Garlic Bread
		Scramble Eggs	Stirfry veggies	Steamed Broccoli	Veggies/Dip	Baked Potato	Parmesan Cheese
		Tofu/Sauces	Lumpia/Sauces	Parmesan Cheese	Fruit Salad	Sour cream/bacon bits	Asparagus
					Potato Chips	Chives	Cheese Cake
			Cookies				
		Salad Bar	Salad Bar	Salad Bar		Salad Bar	Short Salad Bar
		<i>12:15 PM</i>	<i>12:15 PM</i>	<i>12:00 NN</i>	<i>12:15 PM</i>	<i>12:15 PM</i>	<i>12:30 PM</i>
DINNER							
	Little Pizza	Quesadilla Bar	Mediterranean Pasta	Parfait Bar	Navy Bean Soup	Fruit Soup over Rice	4-Year Senior Benefit
	Fresh Toppings		Sauce		Muffin Corn Bread	Toasted Nuts	
			Feta Cheese		Butter	Whipped Topping	
			Sundried tomatoes				
		Short Salad Bar	Short Salad Bar		Short Salad Bar	Short Salad Bar	
	Rice & Bean	Rice & Bean	Rice & Bean	Rice & Bean	Rice & Bean	Rice & Bean	
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
	<i>4:00 PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:00 PM</i>	<i>5:30 PM</i>
	* Suggested By						