Upper Columbia Academy February 3-9, 2019

Week #__2___ - Subject to Change

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Crepes	Hashbrows	Blueberry Pancakes	Coffee Cake	Waffles	Biscuits & Gravy	Cinnamon Rolls
r .	Cream Cheese Blintzes	Cheese Omelettes	Syrup/Peanut Butter	Hashbrowns	Strawberries	Scrambled Eggs	Scrambled Eggs/Tofu
\mathbf{S}	Strawberry Sauce	Scrambled Tofu	Whipped Topping	Fresh Fruit, Cereal Bar	Stripples	Sauteed Mushrooms	Hot Cereal
KFA	Blueberry Sauce	Stripples	Scrambled Tofu	Scrambled Eggs	Oatmeal	Cheese/Onions	Fruit Smoothies
X	Red Cubed Potatoes	Fresh fruit, cereal bar	Sausage Links	Belgium Waffles	Tofu	Tofu	Fresh Fruit, Cereal Bar
BREA	Sausage Patties	Belgium Waffles	Hot Cereal & Toppings		Yogurt & Pears	Fresh Fruit, Cereal Bar	Belgium Waffles
BR	Yogurt Parfait	Cream of Wheat	Fresh Fruit, Cereal Bar		Fresh fruit, cereal bar	Belgium Waffles	
	Fresh Fruit, Cereal Bar		Belgium Waffles		Belgium Waffles		
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
		Pasta Bar - Angel hair	Enchiladas	Gluten Steaks	Sandwich Bar	Tator Tot Casserole	Chicken Parmesan
		Marinara Sauce	Roasted Corn	Mashed Potatoes	Deli Meat	Rolls	Mashed Potatoes
		Alfredo Sauce	Tortilla Chips	Gravy	Egg Salad		Broccoli
Н		Pesto Sauce	Fresh Salsa	Salad Bar	Tofu Salad	Fresh cut fruit	Cheese Sauce
$\sum_{i=1}^{n}$		Rolls/French Bread	Salad Bar	Fresh Fruit, Cereal Bar	Assorted Chips	Salad Bar	Sour Cream
LUNCH			Chocolate Chip Cookies	Bread Rolls	Fresh Fruit	Steamed Veggie	Salsa
Ι			Peanut Butter Cookies		Veggies	Fresh Fruit, Cereal Bar	Chips
					Dressings		Salad bar
		Salad Bar					
		11:55AM	11:55AM	11:55AM	11:55AM	11:55AM	12:15AM
	Quesadilla Bar	Tater Stacks	Wraps/	Baked Taquitos	Taco Salads	Smoothie Bowls	Hot Dogs
	Rice/Beans	Pinto Beans	Cream cheese/Hummus/Pe	Bean Burritos	Pinto Beans	Assorted Cut Fruit	Buns
ER	Crispy Fri-Chik	Cilantro/Lime Rice	Spinach/tomatoes/Red Oni	Rice	Shredded Lettuce	Chopped Nuts	Fresh Fruit
DINNER	Veggies	Shredded Lettuce	Cucumbers/Chicken Strips	Beans	Diced Tomatoes	Granola	Assorted Chips
D	Fruit Smoothies	Diced Tomatoes	Feta Cheese/Dressing	Tortilla Chips	Diced Onions	Popcorn	Condiments
	Fresh Fruit, Cereal Bar	Diced Onions	Rice & Beans	Steamed Veggies	Shredded Cheese	Rice & Beans	Fresh Veggies
		Shredded Cheese	Fresh Fruit, Cereal Bar	Fresh Salsa	Salsa	Fresh Fruit, Cereal Bar	
		Salsa		Salad Bar	Guacamole		
	4:00pm	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm