Upper Columbia Academy April 21-27 2019

Week #__3__ - Subject to Change Hope Sign-Up / Closed Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Breakfast Pizza	Breakfast Sandwiches	Blueberry Pancakes	Breakfast Burritos	Coffee Cake	Biscuits & Gravy	Muffins
r .	Scrambled Eggs	Fried Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs	Hashbrowns	Fried Eggs	Hashbrowns
ST	Hashbrowns	Cheese	Whipped Topping	Tater Tots	Fresh Fruit, Cereal Bar	Sauteed Mushrooms	Tofu
FA	Cheese/Onions	Vegi-meat	Scrambled Tofu	Cheese/Onions	Hardboiled Eggs	Cheese/Onions	Sausage Links
X	Sausage Crumbles	Condiments	Sausage Links	Sausage Crumbles	Belgium Waffles	Tofu	Fresh fruit, cereal bar
E^{\prime}	Salsa/Sour Cream	Hot Cereal	Hot Cereal & Toppings	Salsa/Sour Cream		Fresh Fruit, Cereal Bar	Belgium Waffles
BRE,	Tofu	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Tofu		Belgium Waffles	Cream of Wheat
	Egg Gravy	Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar			
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
		Pasta Bar - Angel Hair	Enchiladas	Biscuits	Griller Burgers	Macaroni & Cheese	Gluten Steaks
		Marinara Sauce	Roasted Corn	Chicken Pot Pie	Curly Fries	Vegan Mac & Cheese	Mashed Potatoes
		Alfredo Sauce	Tortilla Chips	Broccoli	Lettuce/Tomatoes	Rolls	Gravy
Н		Pesto Sauce	Fresh Salsa	Salad Bar	Onions/Pickles	Peas	Salad Bar
ICH		Rolls/French Bread	Salad Bar		Condiments	Salad bar	Fresh Fruit, Cereal Bar
ŇŊ,			Chocolate Chip Cookies		Fresh Fruit	Dinner rolls	Bread Rolls
I			Peanut Butter Cookies		Veggies		
		Salad Bar					
		11:55AM	11:55AM	11:55AM	11:55AM	11:55AM	12:15AM
	Ramen Bar	Little Pizzas	Grilled Cheese	Chick Nuggets	TaterTot Casserole	Smoothie Bowls	Quesadilla Bar
	Noodles	Veggie	Tomato Bisque	tartar sauce	Fresh Fruit, Cereal Bar	Assorted Cut Fruit	Rice/Beans
DINNER	Mush/Chic sauce	Fresh Toppings	Salad Bar	Curly Fries	Salad Bar	Chopped Nuts	Crispy Fri-Chik
\mathbf{z}	Corn	Short salad bar	Rice/Beans	short salad bar	Steamed Veggie	Granola	Veggies
DI	Peas			check left over		Popcorn	Fruit Smoothies
	Fri chik	Fresh Fruit, Cereal Bar		rice/bean soup		Rice & Beans	Fresh Fruit, Cereal Bar
	Tofu			Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	
	Sliced Eggs						
	4:00pm	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm