Upper Columbia Academy
March 3-9 2019
Week #___1____ - Subject to Change
Junior Internship / Closed Weekend / 4 year Senior Benefit

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	Breakfast Pizza	Breakfast Sandwiches	Blueberry Pancakes	Breakfast Burritos	Coffee Cake	Biscuits & Gravy	Muffins
	Scrambled Eggs	Fried Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs	Hashbrowns	Fried Eggs	Hashbrowns
	Hashbrowns	Cheese	Whipped Topping	Tater Tots	Fresh Fruit, Cereal Bar	Sauteed Mushrooms	Tofu
	Cheese/Onions	Vegi-meat	Scrambled Tofu	Cheese/Onions	Hardboiled Eggs	Cheese/Onions	Sausage Links
	Sausage Crumbles	Condiments	Sausage Links	Sausage Crumbles	Belgium Waffles	Tofu	Fresh fruit, cereal bar
	Salsa/Sour Cream	Hot Cereal	Hot Cereal & Toppings	Salsa/Sour Cream		Fresh Fruit, Cereal Bar	Belgium Waffles
	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***
LUNCH		Pasta Bar - Ravioli	Burrito bar	Curry	Shamburgers	DIY Pizza Bar	Lasagna
		Marinara Sauce	Pinto Beans	Rice	Cheese/Lettuce	Naan Bread Crust	Green Beans
		Alfredo Sauce	Cilantro/Lime Rice	Hard Boiled Eggs	Tomato/Onions	Red/Alfredo Sauce	Garlic Bread
		Pesto Sauce	Shredded Lettuce	Veggies	Pickles	Cheese/Onions	Garden Salad
		Rolls/French Bread	Diced Tomatoes	Flatbread	Condiments	Olives/Mushrooms	Fruit Pies
			Diced Onions	Salad Bar	Sweet Potatoe Fries	Pineapple/Jalapenos	Whipped Cream
			Shredded Cheese			Bell Pepper	
			Salsa				
		Salad Bar	Guacamole				
		11:55AM	***11:55AM***	***11:55AM***	***11:55AM***	***11:55AM***	***12:15AM***
DINNER	Ramen Bar	Turnovers	Orange Chicken	Chick Nuggets	Stroganoff	Chili	Hot Dogs
	Noodles	Cheese Omelettes	Fried Rice	tartar sauce	Steamed Veggies	Corn Bread	Buns
	Mush/Chic sauce	Scrambled Tofu	Mixed Steamed veggies	Curly Fries	Bread Rolls	Butter	Fresh Fruit
	Corn	Stripples	Short Salad Bar	short salad bar	Salad Bar	Apple Sauce/Honey	Bulk Chips (Ruffles)
	Peas	Fresh fruit, cereal bar		check left over		Green Salad	Condiments
	Fri chik	Belgium Waffles		rice/bean soup		Rice/Beans Soup	Fresh Veggies
	Tofu	Cream of Wheat		Fresh Fruit, Cereal Bar		Fresh fruit, cereal bar	
	Sliced Eggs						
	4:00pm	***5:00pm***	***5:00pm***	***5:00pm***	***5:00pm***	***5:00pm***	***5:00pm***