Upper Columbia Academy
February 17-23 2019
Week #___4____ - Subject to Change
ASB Spirit Week / Senior Recognition Weekend

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST		Huevos Rancheros	Choc. Chip Pancakes	Quiche	Texas French Toast	Biscuits & Gravy	Muffins
		Tater Tots	Blueberry Sauce	Tater Tots	Strawberry Sauce	Fried Eggs	Hashbrowns
		Mexican Cheese	Whipped Topping	Cream of Wheat	Cinnamon Applesauce	Sauteed Mushrooms	Tofu
		Salsa/Sour Cream	Scrambled Tofu	Tofu	Sausage Patties	Cheese/Onions	Sausage Links
		Green Onions	Stripples	Fresh Fruit, Cereal Bar	Red Cubed Potatoes	Tofu	Fresh fruit, cereal bar
		Hot Cereal	Hot Cereal & Toppings	Belgium Waffles	Toppings	Fresh Fruit, Cereal Bar	Belgium Waffles
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Belgium Waffles	Cream of Wheat
		Belgium Waffles	Belgium Waffles		Belgium Waffles		
	10:00 AM	*7:15am*	*7:15am*	*7:15am*	*7:15am*	*7:15AM*	*8:30AM*
LUNCH		Pasta Bar - Tortellini	Tamale Casserole	Asian Haystacks	Meatball Subs	Baked Potato Bar	Haystacks
		Marinara Sauce	Black Beans/Rice	Chinese Noodles	Assorted Chips	Tortilla Chips	Pinto Beans
		Alfredo Sauce	Fajita Veggies	Creamed FriChik	Fresh Fruit	Cheese/Vegan Sauce	Cilantro/Lime Rice
		Pesto Sauce	Salad Bar	Sweet and Sour Tofu	Veggies	Broccoli/Tomatoes	Shredded Lettuce
		Rolls/French Bread	Cookies	Shred Carrots/Cabbage	Dressings	Onions/Salsa/Baco Bits	Diced Tomatoes
				Diced Cucum/Tomato		Rice & Beans	Diced Onions
				Diced Peppers		Fresh Fruit, Cereal Bar	Shredded Cheese
				Pineapple Pieces			Salsa
		Salad Bar		Green Onions			Guacamole
		11:55AM	*11:55AM*	*11:55AM*	*11:55AM*	*11:55AM*	*12:15AM*
DINNER		Chick Nuggets	Orange Chicken	Potato Soup	Stroganoff	Fruit Pizza	Baked Taquitos
		tartar sauce	Chow Mein noodles	Chicken Soup	Steamed Veggies	Tossed Salad/Croutons	Bean Burritos
		Curly Fries	Rice	Rolls	Bread Rolls	Salad Dressing	Rice
		short salad bar	Green Beans	Fruit Salad	Salad Bar	Icecream	Beans
	RETURN FROM	check left over	Mixed Steamed veggies	Arugula Salad			Tortilla Chips
	HOMELEAVE	rice/bean soup				Rice/Beans	Steamed Veggies
		Fresh Fruit, Cereal Bar				Fresh Fruit, Cereal Bar	Fresh Salsa
							Salad Bar
	4:00pm	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*