Upper Columbia Academy
February 24 - March 2 2019
Week #___5____ - Subject to Change

	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	Biscuits	Chicken Burgers	Pita Bar	Pasta marzetti (Penne)
		Marinara Sauce	Pinto Beans	Chicken Pot Pie	Regular Fries	Hummus	Rolls
		Alfredo Sauce	Cilantro/Lime Rice	Broccoli	Lettuce/Tomatoes	Pesto	Steamed Veggies
		Pesto Sauce	Shredded Lettuce	Salad Bar	Onions/Pickles	Spinach, Tomato	Salad Bar
		Rolls/French Bread	Diced Tomatoes		Condiments	Red Onion	Desserts
			Diced Onions		Fresh Fruit	Feta, Cheese	
			Shredded Cheese		Veggies	Cucumber	
			Salsa			Ranch	
		Salad Bar	Guacamole				
		11:55AM	*11:55AM*	*11:55AM*	*11:55AM*	*11:55AM*	*12:15AM*
DINNER	Hashbrows	Egg Rolls	Quesadilla Bar	Little Pizzas	Tater Stacks	Broccoli Cheddar Soup	Prime Steaks
	Cheese Omelettes	Fried-Rice w/Veggies	Rice/Beans	Veggie	Pinto Beans	Bread Bowls	Scalloped Potatoes
	Scrambled Tofu	Beans	Crispy Fri-Chik	Fresh Toppings	Cilantro/Lime Rice	Salad Bar	Gravy
	Stripples	Edamame	Veggies	Short salad bar	Shredded Lettuce		Salad Bar
	Fresh fruit, cereal bar	Cucumber/Dill Salad	Fruit Smoothies		Diced Tomatoes		Fresh Fruit, Cereal Bar
	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Diced Onions		Bread Rolls
	Cream of Wheat				Shredded Cheese	Fresh Fruit, Cereal Bar	
					Salsa		
	4:00pm	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*