Upper Columbia Academy
March 10-16 2019
Week #___2____ - Subject to Change
SWOP / Hope Sign-Up

	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	Gluten Steaks	Sandwich Bar	Pita Bar	Chicken Parmesan
		Marinara Sauce	Pinto Beans	Mashed Potatoes	Deli Meat	Hummus	Mashed Potatoes
		Alfredo Sauce	Cilantro/Lime Rice	Gravy	Egg Salad	Pesto	Broccoli
		Pesto Sauce	Shredded Lettuce	Salad Bar	Tofu Salad	Spinach, Tomato	Cheese Sauce
		Rolls/French Bread	Diced Tomatoes	Fresh Fruit, Cereal Bar	Assorted Chips	Red Onion	Sour Cream
			Diced Onions	Bread Rolls	Fresh Fruit	Feta, Cheese	Salsa
			Shredded Cheese		Veggies	Cucumber	Chips
			Salsa		Dressings	Ranch	Salad bar
		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*