Upper Columbia Academy
May 5-11 2019
Week #___5____ - Subject to Change
Hope / Spring Week of Prayer / Closed Weekend

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST	Coffee Cake	Breakfast Burritos	Pancakes	Breakfast Casserole	Crepes	Biscuits & Gravy	Cinnamon Rolls
	Hashbrowns	Scrambled Eggs	Syrup/Peanut Butter	Tofu	Cream Cheese Filled Blint	Fried Eggs	Scrambled Eggs/Tofu
	Fresh Fruit, Cereal Bar	Tater Tots	Whipped Topping	Shredded Cheese	Fruit Filling	Sauteed Mushrooms	Hot Cereal
	Fruit Smoothies	Cheese/Onions	Scrambled Tofu	Tater Tots	Nutella Filling	Cheese/Onions	Fruit Smoothies
	Belgium Waffles	Sausage Crumbles	Sausage Links		Fingerling Potatoes	Tofu	Fresh Fruit, Cereal Bar
		Salsa/Sour Cream	Hot Cereal & Toppings		Yogurt Parfait	Fresh Fruit, Cereal Bar	Belgium Waffles
	Fresh Fruits,Cereal Bar	Tofu	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	
	Belgium Waffles	Fresh Fruit, Cereal Bar	Belgium Waffles	Belgium Waffles	Belgium Waffles		
	10:00 AM	*7:15am*	*7:15am*	*7:15am*	*7:15am*	*7:15AM*	*8:30AM*
LUNCH		Pasta Bar - Spaghetti	Tamale Casserole	Special K Loaf	Shamburgers	Pita Bar	Manicotti
		Marinara Sauce	Black Beans/Rice	Mashed Potatoes	Cheese/Lettuce	Hummus	Rolls
		Alfredo Sauce	Fajita Veggies	Gravy	Tomato/Onions	Pesto	Steamed Veggies
		Pesto Sauce	Salad Bar	Salad Bar	Pickles	Spinach, Tomato	Salad Bar
		Rolls/French Bread	Cookies	Fresh Fruit, Cereal Bar	Condiments	Red Onion	Desserts
				Bread Rolls	Sweet Potatoe Fries	Feta, Cheese	
						Cucumber	
						Ranch	
		Salad Bar					
		11:55AM	*11:55AM*	*11:55AM*	*11:55AM*	*11:55AM*	*12:15AM*
DINNER	Ramen Bar	Tacos	Sloppy Joes	Egg Rolls	Sandwich Bar	Broccoli Cheddar Soup	Baked Taquitos
	Broth	Rice/Beans	Corn	Fried-Rice w/Veggies	Deli Meat	Bread Bowls	Rice
	Veggies	Griller Crumbles	Pasta Salad	Beans	Egg and Tofu Salad	Salad Bar	Beans
	Sliced Eggs	Corn/Spinach	Salad Bar	Edamame	Chips		Tortilla Chips
	Tofu	Lettuce/Tomatoes		Cucumber/Dill Salad	Fresh Fruit		Steamed Veggies
	Rice/Beans	Onions/Olives		Fresh Fruit, Cereal Bar	Veggies		Fresh Salsa
	Belgium Waffles				Dressings	Fresh Fruit, Cereal Bar	Salad Bar
	4:00pm	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*	*5:00pm*