

Upper Columbia Academy

April 28 - May 4 2019

Week # 4 - Subject to Change

Sunday School / Marine Biology trip / Homeleave

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Blueberry Buckle	Breakfast Sandwiches	Choc. Chip Pancakes	Hashbrowns			
	Stripples	Fried Eggs/Tofu	Blueberry Sauce	Scrambled Eggs			
	Tofu	Cheese	Whipped Topping	Stipples			
	Oatmeal	Vegi-meat	Scrambled Tofu	Cheese/Onions			
	Yogurt	Condiments	Stripples	Sausage Crumbles			
	Fresh fruit, cereal bar	Hot Cereal	Hot Cereal & Toppings	Salsa/Sour Cream			
	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Tofu			
		Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar			
	<i>10:00 AM</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15AM</i>	<i>8:30AM</i>
LUNCH	TaterTot Casserole	Pasta Bar - Ravioli	Haystacks				
	Fresh Fruit, Cereal Bar	Marinara Sauce	Pinto Beans				
	Salad Bar	Alfredo Sauce	Cilantro/Lime Rice				
	Steamed Veggie	Pesto Sauce	Shredded Lettuce	<b>HOMELEAVE</b>			
		Rolls/French Bread	Diced Tomatoes				
			Diced Onions				
			Shredded Cheese				
			Salsa				
	Salad Bar	Guacamole					
	<i>11:55AM</i>	<i>11:55AM</i>	<i>11:55AM</i>	<i>11:55AM</i>	<i>11:55AM</i>	<i>12:15AM</i>	
DINNER	Little Pizzas	Stroganoff	Macaroni & Cheese				
	Veggie	Steamed Veggies	Vegan Mac & Cheese				
	Fresh Toppings	Bread Rolls	Peas				
	Short salad bar	Salad Bar	Salad bar				
			Dinner rolls				
	Fresh Fruit, Cereal Bar						
	<i>4:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	