

Upper Columbia Academy
March 17-23 2019
Week # 3 - Subject to Change
Spring Break & Mission Trips

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Breakfast Casserole	Huevos Rancheros	Pancakes	Breakfast Burritos			
	Tofu	Fried Eggs	Syrup/Peanut Butter	Scrambled Eggs			
	Shredded Cheese	Mexican Cheese	Whipped Topping	Tater Tots			
	Tater Tots	Sauce/Sour Cream	Scrambled Tofu	Cheese/Onions			
		Green Onions	Sausage Links	Sausage Crumbles			
		Hot Cereal	Hot Cereal & Toppings	Salsa/Sour Cream			
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Tofu			
	Belgium Waffles	Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar			
	<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		Pasta Bar - Fettucini	Chile Relleno				
		Marinara Sauce	Rice/Beans				
		Alfredo Sauce	Tortilla Chips				
		Pesto Sauce	Corn Salsa	HOMELEAVE			
	Hope Taskforce	Rolls/French Bread	Fresh Salsa				
			Sour Cream				
			Tossed Salad				
	Salad Bar						
	<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	Quesadilla Bar	Tater Stacks	Orange Chicken				
	Rice/Beans	Pinto Beans	Chow Mein noodles				
	Crispy Fri-Chik	Shredded Lettuce	Rice				
	Veggies	Diced Tomatoes	Green Beans				
	Fruit Smoothies	Diced Onions	Mixed Steamed veggies				
	Fresh Fruit, Cereal Bar	Shredded Cheese					
		Salsa					
		<i>4:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>