

Upper Columbia Academy

May 19-25 2019

Week # 2 - Subject to Change

4 year senior trip / Closed Weekend / Gymnastic Home show / Music Performances

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Coffee Cake	Breakfast Sandwiches	Blueberry Pancakes	Hashbrowns	Waffles	Biscuits & Gravy	Cinnamon Rolls
	Hashbrowns	Fried Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs	Strawberries	Scrambled Eggs	Scrambled Eggs/Tofu
	Fresh Fruit, Cereal Bar	Cheese	Whipped Topping	Stipples	Oatmeal	Sauteed Mushrooms	Hot Cereal
	Fruit Smoothies	Vegi-meat	Scrambled Tofu	Cheese/Onions	Tofu	Cheese/Onions	Fruit Smoothies
	Belgium Waffles	Condiments	Sausage Links	Sausage Crumbles	Yogurt & Pears	Tofu	Fresh Fruit, Cereal Bar
		Hot Cereal	Hot Cereal & Toppings	Salsa/Sour Cream	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar	Belgium Waffles
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Tofu	Belgium Waffles	Belgium Waffles	
		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		Pasta Bar - Tortellini	Burrito bar	Gluten Steaks	Griller Burgers	Baked Potato Bar	Lasagna
		Marinara Sauce	Pinto Beans	Mashed Potatoes	Curly Fries	Tortilla Chips	Green Beans
		Alfredo Sauce	Cilantro/Lime Rice	Gravy	Lettuce/Tomatoes	Cheese/Vegan Sauce	Garlic Bread
		Pesto Sauce	Shredded Lettuce	Salad Bar	Onions/Pickles	Broccoli/Tomatoes	Garden Salad
		Rolls/French Bread	Diced Tomatoes	Fresh Fruit, Cereal Bar	Condiments	Onions/Salsa/Baco Bits	Fruit Pies
		Salad Bar	Diced Onions	Bread Rolls	Fresh Fruit	Rice & Beans	Whipped Cream
			Shredded Cheese		Veggies	Fresh Fruit, Cereal Bar	
			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	Macaroni & Cheese	Potato Soup	Sandwiches - BLT	Egg Rolls	TaterTot Casserole	Baked Taquitos
	Veggie	Vegan Mac & Cheese	Chicken Noodle Soup	Stripples	Fried-Rice w/Veggies	Fresh Fruit, Cereal Bar	Rice
	Fresh Toppings	Peas	Crackers	Lettuce	Beans	Salad Bar	Beans
	Short salad bar	Salad bar	Rolls	Tomatoes	Edamame	Steamed Veggie	Tortilla Chips
		Dinner rolls	Fruit Salad	Chips	Cucumber/Dill Salad		Steamed Veggies
	Fresh Fruit, Cereal Bar		Arugula Salad	Fresh Fruit	Fresh Fruit, Cereal Bar		Fresh Salsa
				Salad Bar			Salad Bar
							Guacamole
	<i>4:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	