Upper Columbia Academy
October 11-17, 2009
Week 3 - Subject to Change

Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
Pancakes *Prosage Roll* *Applesauce* *Oatmeal* *Fresh Fruit, Cereal Bar* *10:00 AM*	*Scrambled Eggs (Tofu)* *Tri Taters, Doughnuts* *Fruit Cocktail* *Malt-O Meal* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*Crepes, Tater Gems* *Cream Cheese* *Hot Fruit* *Cream of Wheat* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*Breakfast Burritos* *Tofu* *Pears* *Cream of Wheat* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*Hashbrowns* *Breakfast Links* *Peaches* *Malt-O Meal* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*French Toast* *Breakfast Strips* *Strawberries / Whip Cr.* *Grits* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*Breakfast Cake* *Breakfast Patties* *Peaches* *Oatmeal* *Fresh Fruit, Cereal Bar* *8:30 AM*
	Burrito Bar *Haystacks* *Fresh Salsa* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *11:45:00 AM*	*Penne Marzetti* *Bread Sticks* *Gravy* *Peas, Carrots* *Cookies* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *11:45 PM*	*Veggie Cutlets* *Mashed Potatoes* *Gravy* *Broccoli* *Corn* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *11:45 AM*	*Chicken Cutlet* *Sandwiches* *Veggies* *Brownies* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *11:45:00 PM*	*Macaroni & Cheese* *Red Potatoes* *Zucchini* *Manaco Blend* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *11:15 AM*	*Enchiladas* *White Rice* *Corn Bread* *Peas, Corn* *Ice Cream* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *12:30 PM*
Chicken Nuggets *Potato Wedges* *Green Beans* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *4:00 PM*	*Scallops* *Augratin Potatoes* *Green Beans* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *5:30 PM*	*Quiche* *Bagles & Cream Cheese* *Capri Vegetables* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *5:30 PM*	*Fajitas* *Spanish Rice* *Carabean Blend* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *5:30 PM*	*Pizza* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *5:30 PM*	*FriChick* *Rice Pilaf* *Broccoli Normandy* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup* *5:30 PM*	*Hot Dogs* *Chili, Chips* *Italian Green Beans* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *5:30 PM*