

Upper Columbia Academy

October 4-10, 2009

Subject to Change

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
Scrambled Eggs (Tofu) Tri Taters Pears Cream of Wheat Fresh Fruit, Cereal Bar 10:00 AM	Pancakes Stripples Applesauce Oatmeal Fresh Fruit, Cereal Bar Belgium Waffles 6:30 AM	Hashbrowns, Muffins Breakfast Patties Peaches Malt-O Meal Fresh Fruit, Cereal Bar Belgium Waffles 6:30 AM	Waffles Breakfast Links Strawberries Cream of Wheat Fresh Fruit, Cereal Bar Belgium Waffles 6:30 AM	Biscuits & Gravy Tater Tots Mandarin Oranges Oatmeal Fresh Fruit, Cereal Bar Belgium Waffles 6:30 AM	Egg McMuffins Tofu Pineapple Chunks Grits Fresh Fruit, Cereal Bar Belgium Waffles 6:30 AM	Cinnamon Rolls Breakfast Patties Tri Tators Peaches, Oatmeal Fresh Fruit, Cereal Bar 8:30 AM
	Spaghetti Alfredo/Marinara Sauce Bread Sticks Corn Peas Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 11:45:00 AM	Chicken Enchiladas White Rice Tortilla Chips Carrots, Broccoli Cookies Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 11:45 PM	Sloppy Joes French Fries Zucchini Mixed Vegetables Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 11:45 AM	Chicken Tetrzzini French Bread Capri Vegetables French Green Beans Fruit Cobbler Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 11:45:00 PM	Cheese Burger Loaf Mashed Potatoes Gravy Peas Carabian Blend Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 11:15 AM	Marzetti Dinner Rolls Broccoli Normandy Corn Yellow Cake Salad/Sandwich Bar Fresh Fruit, Cereal Bar 12:30 PM
Crispy Bean Burritos Rice Chips / Salsa Green Beans Salad/Sandwich Bar Fresh Fruit, Cereal Bar 4:00 PM	Meat Balls Steamed Potatoes Gravy, Manaco Blend Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 5:30 PM	Grill Cheese Tomato Soup/Crackers Potato Chips Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles 5:30 PM	Calzones Corn Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 5:30 PM	Egg Rolls Rice Bake Pasta Herb Vegetables Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 5:30 PM	Chicken Ala King Puff Pasty Shells Hot Peaches Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup 5:30 PM	Banquet 6:30 PM