

Upper Columbia Academy

Oct. 10 - Oct. 16, 2010

Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
Scrambled Eggs Tater Tots Pears Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar <i>10:00 AM</i>	Pancakes Stripples Applesauce Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Scrambled Eggs Bagels & Cream Cheese Peaches Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Biscuits & Gravy Tater Tots Mandarin Oranges Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Waffles Breakfast Links Strawberries Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Egg McMuffins Pineapple Chunks Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Dean's Breakfast Sweet Rolls Pears Fresh Fruit Fresh Fruit, Cereal Bar <i>8:30 AM</i>
	Stroganoff Egg Noodles French Bread Carrots, Green Beans Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45 PM</i>	Chicken Enchiladas White Rice Tortilla Chips Carrots, Broccoli Cookies Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45 PM</i>	Sloppy Joes French Fries Zucchini Mixed Vegetables Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45 AM</i>	Pita Sandwiches Hummus Cucumbers, Cheese French Green Beans Fruit Cobbler Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45:00 PM</i>	Cheese Burger Loaf Mashed Potatoes Gravy Peas Carabian Blend Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:15 AM</i>	Lasagna Dinner Rolls Broccoli Normandy Corn Yellow Cake Salad/Sandwich Bar Fresh Fruit, Cereal Bar <i>12:30 PM</i>
Crispy Bean Burritos Rice Chips / Salsa Green Beans Salad/Sandwich Bar Fresh Fruit, Cereal Bar <i>4:00 PM</i>	Veggie Stakes Steamed Potatoes Gravy, Manaco Blend Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Grill Cheese Tomato Soup/Crackers Potato Chips Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles <i>5:30 PM</i>	Calzones Fresh cut Carrots Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Egg Rolls Fried rice Steamed Veggies Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Chicken Ala King Puff Pasty Shells Hot Peaches Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Grillers Veggies Variety Chips Salad/Sandwich Bar Fresh Fruit, Cereal Bar <i>5:30 PM</i>