Upper Columbia Academy
Oct. 24 - Oct. 30, 2010
Subject to Change

Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
	Waffles *Breakfast Links* *Strawberries* *Hot Cereal* *Grilled Tofu* *Fresh Fruit, Cereal Bar* *Belgium Waffles*	*Oat Meal Cake* *Hot Fruit* *Breakfast Patties* *Hot Cereal* *Grilled Tofu* *Fresh Fruit, Cereal Bar* *Belgium Waffles*	*Egg Mc Muffins* *Pineapple Chunks* *Hot Cereal* *Grilled Tofu* *Fresh Fruit, Cereal Bar* *Belgium Waffles*	*Biscuits & Gravy* *Tater Tots* *Mandarin Oranges* *Hot Cereal* *Grilled Tofu* *Fresh Fruit, Cereal Bar* *Belgium Waffles*	*Apple Crisp* *Links* *Omlette's* *Hot Cereal* *Grilled Tofu* *Fresh Fruit, Cereal Bar* *Belgium Waffles*	*Dean's Breakfast* *Pastries* *Peaches* *Fresh Fruit, Cereal Bar*
10:00 AM	*6:30 AM*	*6:30 AM*	*6:30 AM*	*6:30 AM*	*6:30 AM*	*8:30 AM*
	Potato Nacho Bar *Tortilla Chips* *Chili* *Broccoli* *Carrots* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Enchilada Bake* *White Rice* *Corn* *Zucchini* *Cookies* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Pasta Primavera* *French Bread* *Cauliflower* *Snap Peas* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Pita Sandwiches* *Hummus* *Cucumbers* *Cheese* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Crispy Bean Burritos* *Mexican Rice* *White Corn* *Mixed Vegetables* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles*	*Stuffed Shells* *Bread Sticks* *Carabean Blend* *Peas* *Cherry Cheese Cake* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar*
	11:45 PM	*11:45 PM*	*11:45 AM*	*11:45:00 PM*	*11:15 AM*	*12:30 PM*
	Chicken Noodle Bake *Fresh Baked Dinner Rolls* *Mashed potatoes* *Corn* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Cottage Cheese Patties* *Potato Wedges* *Mixed Veggies* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles*	*Chickets* *Green Chili Rice* *Broccoli Normandy* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Spaghetti Pasta* *White / Red sauce* *Bread Sticks* *Green Beans* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Chicken Noodle Soup* *Crackers* *Cinnamon Rolls* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar* *Belgium Waffles/Soup*	*Sandwiches* *Potato Chips* *Salad/Sandwich Bar* *Fresh Fruit, Cereal Bar*
4:00 PM	*5:30 PM*	*5:30 PM*	*5:30 PM*	*5:30 PM*	*5:30 PM*	*5:30 PM*