

Upper Columbia Academy

Nov. 7 - Nov. 13, 2010

Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
French Toast Strawberries / Whip Cr. 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>	Egg McMuffins Pineapple Chucks Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Breakfast Burrito's Tator Tots Hot Cereal Grilled Tofu Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Crepes Hot blueberries Whipping cream 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>
	Spaghetti Alfredo/Marinara Sauce Bread Sticks Corn Peas Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45 PM</i>	Bean Enchiladas White Rice Tortilla Chips Corn 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>	Chick. Burger Sandwiches Chips Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45:00 PM</i>	Corn Dogs Potato wedges Mac Salad Carrot Sticks Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:15 AM</i>	Marzetti 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>	Ravioli's Bread Sticks Steamed Veggies Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Minestrone Soup Bread bous Cheese / Crackers Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Grillers Veggies Variety Chips Fruit Salad Salad/Sandwich Bar Fresh Fruit, Cereal Bar <i>5:30 PM</i>