

**Upper Columbia Academy**

**Dec. 12-18, 2010**

**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) Tater Tots Pears Cream of Wheat  Fresh Fruit, Cereal Bar  10:00 AM	Waffles Breakfast Links Strawberries 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	Pancakes Stripples Applesauce 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	Pastries Pears Cereal Fresh Fruit  Fresh Fruit, Cereal Bar  8:30 AM
	Potato Bar Tortilla Chips Chili Broccoli Carrots  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 PM	Enchilada Bake White Rice Corn Zucchini Cookies Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 PM	Pasta Primavera French Bread Cauliflower Snap Peas  Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 AM	Veggie Cutlets Red Potatoes Capri Blend Green Beans Chocolate Cake Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45:00 PM	Crispy Bean Burritos Mexican Rice White Corn Mixed Vegetables  Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles  11:15 AM	Stuffed Shells Bread Sticks Carabean Blend Peas Cherry Cheese Cake Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar  12:30 PM
Ravioli French Bread Mixed Vegetables  Salad/Sandwich Bar Fresh Fruit, Cereal Bar  4:00 PM	Potato Soup, Broccoli Cheese / Crackers Bread Boules Vegan Option: 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	Chickets Green Chili Rice Broccoli Normandy Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  5:30 PM	Pizza Buns  Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  5:30 PM	Chicken Noodle Bake Cinnamon Rolls Stir Fry Vegetables Vegan Option: Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  5:30 PM	Sandwiches Potato Chips  Salad/Sandwich Bar Fresh Fruit, Cereal Bar  5:30 PM