

Upper Columbia Academy
January 16-22, 2011
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 Muffins Pears Cream of Wheat Fresh Fruit, Cereal Bar <i>10:00 AM</i>	Waffles Breakfast Links Strawberries Oatmeal Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Hashbrowns, Muffins Breakfast Patties Peaches Malt-O Meal Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Pancakes Stripples Applesauce Cream of Wheat Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Biscuits & Gravy Tater Tots Mandarin Oranges Oatmeal Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Egg McMuffins Tofu Pineapple Chunks Grits Fresh Fruit, Cereal Bar Belgium Waffles <i>6:30 AM</i>	Pastries Pears Cereal Fresh Fruit Fresh Fruit, Cereal Bar <i>8:30 AM</i>
	Potato Bar Tortilla Chips Chili Broccoli Carrots Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45 PM</i>	Sandwich Bar Chips Cookies Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45 PM</i>	Pasta Primavera French Bread Green Beans Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45 AM</i>	Veggie Cutlets Red Potatoes Capri Blend Apple Crisp Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>11:45:00 PM</i>	Crispy Bean Burritos Mexican Rice White Corn Mixed Vegetables Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles <i>11:15 AM</i>	Stuffed Shells Bread Sticks Carabean Blend Peas Cherry Cheese Cake Salad/Sandwich Bar Fresh Fruit, Cereal Bar <i>12:30 PM</i>
Grillers French Fries Ice Cream Salad/Sandwich Bar Fresh Fruit, Cereal Bar <i>4:00 PM</i>	Ravioli French Bread Mixed Vegetables Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Hay Stacks Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles <i>5:30 PM</i>	Chickets Green Chili Rice Broccoli Normandy Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Pizza Buns Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Minestrone Soup Cinnamon Rolls Stir Fry Vegetables Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup <i>5:30 PM</i>	Sandwiches Potato Chips Salad/Sandwich Bar Fresh Fruit, Cereal Bar <i>5:30 PM</i>