

**Upper Columbia Academy**  
**March 6-12, 2011**  
**Subject to Change**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sabbath</b>
<b>French Toast</b> <b>Breakfast Strips</b> <b>Strawberries / Whip Cr.</b> <b>Grits</b>  <b>Fresh Fruit, Cereal Bar</b>  <b>10:00 AM</b>	<b>Hashbrowns</b> <b>Breakfast Links</b> <b>Peaches</b> <b>Malt-O Meal</b>  <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles</b>  <b>6:30 AM</b>	<b>Breakfast Burritos</b> <b>Tofu</b> <b>Pears</b> <b>Cream of Wheat</b>  <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles</b>  <b>6:30 AM</b>	<b>Pancakes</b> <b>Prosage Roll</b> <b>Applesauce</b> <b>Oatmeal</b>  <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles</b>  <b>6:30 AM</b>	<b>Scrambled Eggs (Tofu)</b> <b>Tater Tots, Doughnuts</b> <b>Fruit Cocktail</b> <b>Malt-O Meal</b>  <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles</b>  <b>6:30 AM</b>	<b>Crepes, Hash Browns</b> <b>Cream Cheese</b> <b>Hot Fruit</b> <b>Cream of Wheat</b>  <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles</b>  <b>6:30 AM</b>	<b>Breakfast Cake</b> <b>Breakfast Patties</b> <b>Peaches</b> <b>Oatmeal</b>  <b>Fresh Fruit, Cereal Bar</b>  <b>8:30 AM</b>
	<b>Burrito Bar</b> <b>Haystacks</b> <b>Fresh Salsa</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>11:45 PM</b>	<b>Linguini</b> <b>Garlic Bread</b> <b>Peas, Carrots</b> <b>Cookies</b> <b>Vegan Option:</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>11:45 PM</b>	<b>Steaks</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Broccoli</b> <b>Corn</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>11:45 AM</b>	<b>Veggie Burgers</b> <b>French Fries</b> <b>Brownies</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>11:45:00 PM</b>	<b>Macaroni &amp; Cheese</b> <b>Red Potatoes</b> <b>Zucchini</b> <b>Manaco Blend</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>11:15 AM</b>	<b>Enchiladas</b> <b>White Rice</b> <b>Tortilla Chips</b> <b>Peas, Corn</b> <b>Pie</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b>  <b>12:30 PM</b>
<b>Mini Pizzas</b> <b>Ice Cream</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b>  <b>4:00 PM</b>	<b>Oriental Rice</b> <b>Bagles / Cream Cheese</b> <b>Corn</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>5:30 PM</b>	<b>Chicken Cutlet</b> <b>Sandwiches</b> <b>Veggies</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>5:30 PM</b>	<b>Fajitas</b> <b>Spanish Rice</b> <b>Carabean Blend</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>5:30 PM</b>	<b>Pizza</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>5:30 PM</b>	<b>FriChick</b> <b>Rice Pilaf</b> <b>Broccoli Normandy</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b> <b>Belgium Waffles/Soup</b>  <b>5:30 PM</b>	<b>Hot Dogs</b> <b>Chili, Chips</b> <b>Italian Green Beans</b>  <b>Salad/Sandwich Bar</b> <b>Fresh Fruit, Cereal Bar</b>  <b>5:30 PM</b>