

**Upper Columbia Academy**

**Oct. 30-Nov. 5, 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) Tater Tots Pears Cream of Wheat  Fresh Fruit, Cereal Bar  10:00 AM	Pancakes Stripples Applesauce Cream of Wheat  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	Biscuits & Gravy Tater Tots Mandarin Oranges Oatmeal  Fresh Fruit, Cereal Bar Belgium Waffles  6:30 AM	Breakfast Burritos Tofu Pears Cream of Wheat  Fresh Fruit, Cereal Bar Belgium Waffles  6:30 AM	Waffles Breakfast Links Strawberries Oatmeal  Fresh Fruit, Cereal Bar Belgium Waffles  6:30 AM	Breakfast Cake Breakfast Patties Peaches Oatmeal  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	Penne Marzetti Bread Sticks Peas, Corn Cookies Vegan Option:  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 PM	Pizza  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 AM	Hay Stacks  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45:00 PM	Stuffing Mashed Potato Gravy Capri Vegetables  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles  11:15 AM	Stuffed Shells Bread Sticks Peas, Corn Brownies  Salad/Sandwich Bar Fresh Fruit, Cereal Bar  12:30 PM
Ravioli French Bread Mixed Vegetables  Tossed Salad, Bread Fresh Fruit, Cereal  4:00 PM	Crispy Bean Burritos Mexican Rice Monaco Vegetables  Vegan / Wheat Free Bar Salad, Bread, Fresh Fruit Cereal, Belgium Waffles  5:30 PM	Scallops Green Chili Rice Broccoli Normandy  Vegan / Wheat Free Bar Salad, Bread, Fresh Fruit Cereal, Belgium Waffles  5:30 PM	Fajitas Spanish Rice Carabean Blend  Vegan / Wheat Free Bar Salad, Bread, Fresh Fru Cereal, Belgium Waffles  5:30 PM	Macaroni & Cheese Baked Beans Zucchini  Vegan / Wheat Free Bar Salad, Bread, Fresh Fruit Cereal, Belgium Waffles  5:30 PM	Broccoli Cheese Soup Cheese / Crackers Bread Boules  Vegan / Wheat Free Bar Salad, Bread, Fresh Fruit Cereal, Belgium Waffles  5:00 PM	Corn Dogs Potato Chips Chili, Green Beans  Tossed Salad, Bread Fresh Fruit, Cereal  5:30 PM