Upper Columbia Academy
November 6-12, 2011
Subject to Change

Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
Pancakes *Stripples* *Applesauce* *Cream of Wheat* *Fresh Fruit, Cereal* *10:00 AM*	*Scrambled Eggs (Tofu)* *Tri Taters* *Pears* *Malt-O Meal* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*Egg McMuffins* *Tofu* *Pineapple Chunks* *Grits* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*French Toast* *Breakfast Strips* *Strawberries / Whip Cr.* *Oatmeal* *Fresh Fruit, Cereal Bar* *Belgium Waffles* *6:30 AM*	*Biscuits & Gravy* *Tater Tots* *Mandarin Oranges* *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*	*Sweet Rolls* *Breakfast Links* *Peaches* *Oatmeal* *Fresh Fruit, Cereal* *8:30 AM*
	Sack Lunches *Hope Taskforce*	*Taco Bar* *Tostadas* *Fresh Salsa* *Cookies* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *11:45 PM*	*Stroganoff* *Egg Noodles* *Corn Bread* *Carrots, Grean Beans* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *11:45 AM*	*Veggie Burgers* *French Fries* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *11:45:00 PM*	*Crispy Bean Burritos* *Mexican Rice* *Mixed Vegetables* *Tortilla chips* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *11:15 AM*	*Penne Marzetti* *Dinner Rolls* *Peas, Corn* *Brownies* *Tossed Salad, Bread* *Fresh Fruit, Cereal* *Vegan Option* *12:30 PM*
Chicken Sandwiches *Potato Chips* *Ice Cream Bars* *Tossed Salad, Bread* *Fresh Fruit, Cereal* *4:00 PM*	*Fried Rice* *Egg Rolls* *Bagles / Cream Cheese* *Cooked Cabbage* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *5:30 PM*	*Grill Cheese* *Tomato Soup/Crackers* *Torilla Chips, Salsa* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *5:30 PM*	*Hot Dogs* *Chili, Chips* *Potato Salad* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *5:30 PM*	*FriChick* *Rice Pilaf* *Broccoli Normandy* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *5:30 PM*	*Potato Soup* *Bread Boules* *Stir Fry Vegetables* *Vegan / Wheat Free Bar* *Salad, Bread, Fresh Fruit* *Cereal, Belgium Waffles* *5:00 PM*	*Pizza* *Tossed Salad, Bread* *Fresh Fruit, Cereal* *5:30 PM*