

**Upper Columbia Academy**

**November 13-19, 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 Toritlla Chips Chili Broccoli Carrots  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 PM	Rice and Curry Fresh Bread Peas, Corn Cookies Vegan Option:  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 PM	Macaroni & Cheese Baked Beans Zucchini  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45 AM	Cheese Burger Loaf Mashed Potato Gravy Capri Vegetables  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles/Soup  11:45:00 PM	Burrito Bar  Salad/Sandwich Bar Fresh Fruit, Cereal Bar Belgium Waffles  11:15 AM	Lasagna Dinner Rolls Peas, Corn Cheese Cake  Salad/Sandwich Bar Fresh Fruit, Cereal Bar  12:30 PM
Ravioli French Bread Mixed Vegetables  Tossed Salad, Bread Fresh Fruit, Cereal  4:00 PM	Quesadillas Taco Soup Monaco Vegetables  Vegan / Wheat Free Bar Salad, Bread, Fresh Fruit Cereal, Belgium Waffles  5:30 PM	Chicken Nuggets Potato Wedges 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	Pizza  Vegan / Wheat Free Bar Salad, Bread, Fresh Fruit Cereal, Belgium Waffles  5:30 PM	Broccoli Cheese Soup Cheese / Crackers Cinnamon Rolls  Vegan / Wheat Free Bar Salad, Bread, Fresh Fruit Cereal, Belgium Waffles  5:00 PM	Class Parties  5:30 PM