

Upper Columbia Academy
January 29-February 4, 2012
Subject to Change

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<i>Pancakes</i> <i>Stripples</i> <i>Applesauce</i> <i>Cream of Wheat</i> <i>Fresh Fruit, Cereal</i> <i>10:00 AM</i>	<i>Scrambled Eggs (Tofu)</i> <i>Tri Taters</i> <i>Pears</i> <i>Malt-O Meal</i> <i>Fresh Fruit, Cereal Bar</i> <i>Belgium Waffles</i> <i>6:30 AM</i>	<i>Egg McMuffins</i> <i>Tofu</i> <i>Pineapple Chunks</i> <i>Grits</i> <i>Fresh Fruit, Cereal Bar</i> <i>Belgium Waffles</i> <i>6:30 AM</i>	<i>French Toast</i> <i>Breakfast Strips</i> <i>Strawberries / Whip Cr.</i> <i>Oatmeal</i> <i>Fresh Fruit, Cereal Bar</i> <i>Belgium Waffles</i> <i>6:30 AM</i>	<i>Biscuits & Gravy</i> <i>Tater Tots</i> <i>Mandarin Oranges</i> <i>Cream of Wheat</i> <i>Fresh Fruit, Cereal Bar</i> <i>Belgium Waffles</i> <i>6:30 AM</i>	<i>Hashbrowns, Muffins</i> <i>Breakfast Patties</i> <i>Peaches</i> <i>Malt-O Meal</i> <i>Fresh Fruit, Cereal Bar</i> <i>Belgium Waffles</i> <i>6:30 AM</i>	<i>Pastries</i> <i>Pears</i> <i>Cereal</i> <i>Fresh Fruit</i> <i>Fresh Fruit, Cereal</i> <i>8:30 AM</i>
	<i>Fetuccini</i> <i>Alfredo/Marinara Sauce</i> <i>Bread Sticks</i> <i>Corn</i> <i>Peas</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>11:45 PM</i>	<i>Taco Bar</i> <i>Tostadas</i> <i>Fresh Salsa</i> <i>Cookies</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>11:45 PM</i>	<i>Stroganoff</i> <i>Egg Noodles</i> <i>Corn Bread</i> <i>Carrots, Grean Beans</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>11:45 AM</i>	<i>Chicken Enchiladas</i> <i>Spanish Rice</i> <i>Tortilla Chips</i> <i>Corn, Broccoli</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>11:45:00 PM</i>	<i>Penne Marzetti</i> <i>Bread Sticks</i> <i>Peas, Carrots</i> <i>Mixed Vegetables</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>11:15 AM</i>	<i>Veggie Cutlets</i> <i>Augatin Potatoes</i> <i>French Rolls</i> <i>Carabian Mix</i> <i>Fruit Pies</i> <i>Tossed Salad, Bread</i> <i>Fresh Fruit, Cereal</i> <i>12:30 PM</i>
<i>Fried Rice</i> <i>Egg Rolls</i> <i>Bagles / Cream Cheese</i> <i>Tossed Salad, Bread</i> <i>Fresh Fruit, Cereal</i> <i>4:00 PM</i>	<i>Grillers</i> <i>Chips</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>5:30 PM</i>	<i>Quesadillas</i> <i>Taco Soup</i> <i>Monaco Vegetables</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>5:30 PM</i>	<i>Chicken Cutlet</i> <i>Sandwiches</i> <i>Chili, Chips</i> <i>Potato Salad</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>5:30 PM</i>	<i>Chicketts</i> <i>Rice Pilaf</i> <i>Broccoli Normandy</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>5:30 PM</i>	<i>Potato Soup</i> <i>Cinnamon Rolls</i> <i>Stir Fry Vegetables</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>5:00 PM</i>	<i>4-Year Senior Benefit</i> <i>5:30 PM</i>