

Upper Columbia Academy

April 8-14, 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>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>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>Waffles</i> <i>Breakfast Links</i> <i>Applesauce</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>Spaghetti</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>Mashed Potatoes</i> <i>Burger Loaf</i> <i>Gravy</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>Veggie Burgers</i> <i>French Fries</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>Enchiladas</i> <i>Mexican Rice</i> <i>White Corn</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 Steaks</i> <i>Scalloped 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>Sandwiches</i> <i>Potato Chips</i> <i>Ice Cream Bars</i> <i>Tossed Salad, Bread</i> <i>Fresh Fruit, Cereal</i> <i>4:00 PM</i>	<i>Sloppy Joes</i> <i>French Fries</i> <i>Green Beans</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>5:30 PM</i>	<i>Grill Cheese</i> <i>Tomato Soup/Crackers</i> <i>Torilla Chips, Salsa</i> <i>Vegan / Wheat Free Bar</i> <i>Salad, Bread, Fresh Fruit</i> <i>Cereal, Belgium Waffles</i> <i>5:30 PM</i>	<i>Biscuits & Gravy</i> <i>Tater Tots</i> <i>Mandarin Oranges</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>Hot Peaches</i> <i>Puff Pastry Shells</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>Pizza</i> <i>Tossed Salad, Bread</i> <i>Fresh Fruit, Cereal</i> <i>5:30 PM</i>