Upper Columbia Academy
Aug 28 - Sep 3, 2016
Week #___ 2____ - Subject to Change
Backpacking Trip Freshmen Retreat Open Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	French Toast	Pancakes	Breakfast Burritos	Biscuits & Gravy	Omelets	Waffles	
	Strawberries	Syrup	Scrambled Eggs	Hard Boiled Eggs	Tri Tators	Strawberries	**Sack Breakfast Line**
	Applesauce	Breakfast Links	Toppings	Toppings	Tofu	Applesauce	
	Tofu	Tofu	Malt-O-Meal	Tofu	Pears	Oatmeal	
	Breakfast Patties	Steamed Rice	Apple Sauce	Yogurt & Peaches	Hot Cereal	Scrambled Eggs	
	Hot Cereal	Mixed Fruit	Tofu	Cream of Wheat		Tofu	
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	
	10:00 AM	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***8:30 AM***
LUNCH		Prime stakes	Asian Haystacks	Potato Bar	Fresh Pizza	Burrito Bar	Lasagna
		Mashed Potatoes	Brown Rice	Chili	Red sauce	Pinto Beans	Green Beans
		Green Beans	Black Beans	Broccoli	Pesto	Rice	Garlic Bread
		Salad Bar	Cabbage & Celery	Chips	Cheese/Feta	Lettuce & Tomato	Garden Salad
			Red Pepper	Salad Bar	Peppers/Tomatoes	Cheese & Olives	
			Cucumber		Onions//Mushrooms	Salsa & Sour Cream	
			Carrots		Spinach	Guacamole	
			Pineapple Chunks		Ranch/Italian dressings		
			Asian Sauce				
		11:45 AM	***11:45 AM***	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER	Little Pizzas	Baked Bean Burritos	Mac and cheese	Kravig Hot Sandwiches	Taco's	UCA Subs	Chicken Sandwiches
	Toppings, Pineapple		Peas	Sweet Potato Fries		S/S Chips	Potato Chips
	Olives, Onion		Baked beans	Carrot & Celery Sticks		Cream of broccoli	Fresh Cut Veggies
	Peppers, Mushrooms		Dinner rolls	Cottage Cheese		Soup	Dip
	Toss Salad		Salad/ Cottage cheese	Peaches		Crackers	Cantaloupe
	Ranch & Italian					**Sack Breakfast Line**	
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	4:00 PM	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***