## Upper Columbia Academy Sep 11 - 17, 2016

Week #\_\_\_\_\_ - Subject to Change

Senior Survival leaves Sunday Closed weekend ASB Church Class Vespers

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	French Toast	Breakfast Burritos	Egg McMuffins	Pancakes	Biscuits & Gravy	Waffles	Cinnamon Rolls
	Strawberries	Scrambled Eggs	Tofu	Applesauce	Hard Boiled Eggs	Strawberries	Hard Boiled eggs
	Applesauce	Toppings	Pineapple Chunks	Links	Toppings	Whipping cream	Baked Tofu
	Tofu	Malt-O-Meal	Grits	Tofu	Tofu	Links	Yogurt
	Breakfast Patties	Apple Sauce		Yogurt	Yogurt & Peaches	Tofu	Peaches
	Hot Cereal	Tofu		Pears	Cream of Wheat	Yogurt	Tri Tators
	Fresh Fruit, Cereal Bar						
		Belgium Waffles					
	10:00 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	8:30 AM
LUNCH	Haystacks	Grillers	Fresh Pizza	Marzetti	Chicken Potpie	Fajitas	Burger Roast
	Fresh Salsa	Chips	Pesto, Ranch	pea /carrots	Home made Rolls	Black beans	Steamed Potatoes
		Cut Veggies	Red Sauce	Bread sticks	Green beans	Grilled Veggies	Mixed Veggie
			Cheddar Cheese	Salad Bar	Seasoned Corn	Mixed Beans	Dinner Rolls
			Feta		Dinner rolls	Guacamole & Cheese	Ice Cream/Sorbet
			Broccoli, Tomato			Sour Cream & Salsa	
			Purple onion, Olives			Cilantro Lime Rice	
			Mushrooms, Peppers			Corn chips	
			Dressings				
		11:45 AM	11:45 AM	11:45 AM	11:45 AM	11:15 AM	12:30 PM
DINNER	Little Pizzas	Manicotti	Corn dogs	Chicken Burgers	Tacos	Creamy Veggie Soup	Fruit Salad
	Toppings	Green beans	Potato Salad	Chips		Fresh Dinner Rolls	Egg Salad
	Garden salad	Garlic Bread	Fruit salad	Fresh Carrots/ Celery		Garden Salad	Tofu Spread
	Cottage Cheese	Short Salad bar		Dip		Cottage Cheese	Fresh bread
	Peaches						Cheese /Crackers
							Pretzels
	Fresh Fruit, Cereal Bar						
	4:00 PM	5:30 PM					
	4:00 FM	5:30 FM	5:50 FM				