

Upper Columbia Academy

Sep 18 - 24, 2016

Week # 5 - Subject to Change

Sunday School

Home Leave Wednesday

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>		<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	French Toast	Breakfast Burritos	Breakfast Oat cakes	Biscuits & Gravy			
	Strawberries	Tofu	Breakfast Links	Hard Boiled Eggs			
	Applesauce	Fruit Cocktail	Applesauce	Toppings			
	Tofu	Grits	Peanut butter	Tofu			
	Breakfast Patties	Pineapple	Baked Tofu	Yogurt & Peaches			
	Hot Cereal		Oatmeal	Cream of Wheat			
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar			
		Belgium Waffles	Belgium Waffles	Belgium Waffles			
	<i>10:00 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>			
<b>LUNCH</b>	Haystacks	Wrap Bar	Potato Bar				
	Cookies	Sundried Tomato	Chili				
		Cream cheese	Broccoli				
		Pesto Hummus	Chips	Lunch Line			
		Chicken strips	Salsa				
		Tomato Spinach	Fresh Onions				
		Purple Onion	Sour cream				
		Dressings					
		Pasta Salad					
		<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:15 AM</i>	<i>12:30 PM</i>
<b>DINNER</b>	Baked Burritos	Grillers	Potato Soup				
	Mexican Rice	Grilled onions	Split Pea Soup				
	Corn	Lettuce/ cheese	Corn Bread				
	Chips/ Salsa	Tomatoes	Crackers/Cheese				
		Mac Salad	Salad Dressings				
		Cut fruit	Peas/ Carrots				
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar				
	<i>4:00 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	