

Upper Columbia Academy
SEP 25 - Oct 1, 2016
Week # 1 - Subject to Change
Hope sign up Wednesday ALUMNI WEEKEND

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Scrambled Eggs	Breakfast Burritos	Biscuits & Gravy	Egg McMuffins	Waffles	Baked oatmeal Cake
		Breakfast patties	Scrambled Eggs	Hard Boiled Eggs	Tofu	Strawberries	Hard boiled eggs
		Baked Tofu	Toppings	Toppings	House Potatoes	Stripples	Tofu
		Muffins	Malt-O-Meal	Tofu	Pineapple	Oatmeal	Apple sauce
		Yogurt/Peaches	Apple Sauce	Yogurt & Peaches	Grits	Tofu	Whipped topping
			Tofu	Cream of Wheat	Yogurt/Pears	Yogurt & Pears	Hot cereal
			Fresh fruit, cereal bar	Fresh fruit, cereal bar			Mixed fruit
			Belgium Waffles	Belgium Waffles		Belgium Waffles	Tri Tatars
	<i>10:00 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>8:30 AM</i>
LUNCH		UCA Mexican Grill	Spaghetti	Jimmy Burgers	Potato Bar	Pita Bar	Marzetti
		Black & Pinto Beans	French Bread		Chili	Hummus	Green Beans
		Grilled squash/onion	Salad Bar	Oven Baked Fries	Broccoli	Pesto	Garlic Bread
		Veggie Toppings	Peas & Carrots	Cole slaw	Chips	Spinach/Tomatoes	Garden Salad
		Cilantro Lime Rice	Cookies	Fresh fruit	cheese/Sour Cream	Red Onion	Fruit crisp
		Corn & Fresh Salsa			Onions	Cucumber	
						Ranch	
						Lentil Soup	
	<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>	
DINNER		Ramen Bar	Meat Ball Hoagies	Taco Bar	Little Pizzas	Fruit Salad	Grillers
		Spinach Salad	Seasoned Corn		Salad /	Egg salad spread	Potato salad
		Cottage Cheese	Garden Salad		Fruit	Tofu spread	Cottage cheese
						Variety Pack chips	Pineapple
						Chicken noodle soup	Chips
		Fresh fruit, cereal bar	Fresh fruit, cereal bar	Fresh fruit, cereal bar	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>	