

Upper Columbia Academy
Sep 4 - 10, 2016
Week # 3 - Subject to Change
Fall Picnic Tuesday Open weekend

| | <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Sabbath</i> |
|------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| BREAKFAST | French Toast | Bagels | Biscuits and Gravy | Pancakes | Egg McMuffins | Waffles | |
| | Strawberries | Cream Cheese | Oven Roasted Potatoes | Applesauce | Tofu | Strawberries | |
| | Applesauce | Hard Boiled eggs | with Peppers & Onions | Links | Pineapple Chunks | Whipping cream | |
| | Tofu | Stripples | Tofu | Tofu | Yogurt | Links | Breakfast Line |
| | Breakfast Patties | Apple Sauce | Yogurt | Yogurt | Mixed Fruit | Tofu | |
| | Hot Cereal | Tofu | Peaches | Pears | | Yogurt | |
| | 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 | {LUNCH LINE} | Belgium Waffles | Belgium Waffles | Belgium Waffles | Fresh Fruit, Cereal Bar |
| | <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>8:30 AM</i> | |
| LUNCH | | Spaghetti Marzetti | | Seasoned flat bread | Ravioli | Fajitas | Meat Balls |
| | | Green Beans | | Hummus | Brochette Baguette | Grilled Veggies | Gravy |
| | | Garlic Bread | | Pesto | Green beans | Mixed Beans | Steamed Potatoes |
| | | Garden Salad | Fall Picnic | Spinach, Tomato | Toss Salad | Grilled Soy meat | Mixed veggies |
| | | | Take snacks | Red Onion, Cucumber | | Guacamole & Cheese | Rolls /Butter/Jam |
| | | | Salad/Deassing | Feta, Cheese | | Sour Cream & Salsa | Cookie Bars |
| | | | Mivoden | Onion Cucumber Salad | | Cilantro Lime Rice | |
| | | | | Salad Bar | | Corn chips | |
| | | | Mrs. Kravig 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 | Chili Dogs: | Ramen Bar | | Potato Soup | Braided Taco's | Chicken Nuggets | Grillers |
| | Big Franks, Chili | Toppings | Pizza at Mivoden | Corn bread | Salad/Cottage cheese | Mashed Potatoes | Potatoes Salad |
| | Onions, Cheese | | Salad/dressings | Cheese/crackers | | Peas/Garden Salad | Fruit Salad |
| | Tortilla Chips, Salsa | Tossed Salad | Fruit and snacks | Salad Bar | | Cottage Cheese | |
| | Simple Salad Lettuce | | | | | Peaches | |
| | Tomatoes/ Olives | | | | | BREAKFAST LINE | |
| | Ranch and Italian | 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> |