

Upper Columbia Academy

Oct -23 -29, 2016

Week # 5 - Subject to Change

Gymnastics Clinic

Music Tour

Open weekend

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Bagels/Cream cheese	Breakfast Oat Cake	Biscuits & Gravy	Croissant Sandwiches	Waffles	
		Tofu	Breakfast Links	Hard Boiled Eggs	Fried Eggs	Strawberries	
		Breakfast Patties	Applesauce	Toppings	Soy Meat	Applesauce	
		Grits	Pear cream	Tofu	Oatmeal	Oatmeal	Breakfast Line
		Pineapple	Baked Tofu	Yogurt & Peaches	Toppings	Scrambled Eggs	
			Oatmeal	Cream of Wheat	Pears Yogurt	Tofu	
		Fresh Fruit, Cereal Bar	Toppings	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	
		6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	8:30 AM
LUNCH		Wrap Bar	Tacos	Asian Haystacks	Raviolis	Curry	Haystacks
		Sundried Tomato	Seasoned soy Meat	Black beans	Sliced French bread	Eggs and Tofu	Cookie Bars
		Cream cheese	Refined Beans	Rice	Garlic butter	Rice brown & white	
		Pesto Hummus	Cheese Lettuce	Sautéed veggies	Peas carrots	Stir Fried Veggies	
		Chicken strips	Tomatoes	Pineapple	Toss Salad	Chinese Crunchy Salad	
		Tomato Spinach	Guacamole	Tomatoes/Cucumbers	Spinach Salad with	Spinach Salad with	
		Purple Onion	Salsa	Onions/Cabbage	Raspberry dressing	Raspberry dressing	
		Dressings	Sour cream	Crunchy noodles			
		Pasta Salad		Dressings			
		11:45 AM	11:45 AM	11:45 AM	11:45 AM	11:15 AM	12:30 PM
DINNER		Grillers	Potato Soup	Ramen Noodle Bar	Sub Sandwiches	Ravioli	Hot Dogs
		Grilled Onions	Split Pea Soup	Toppings	Mini Salad Bar	Peas and carrots	Chili
		Cheese Lettuce	Corn Bread	Salad Bar	Cottage cheese/	French bread	Cheese Chips
		Tomatoes	Crackers/Cheese		Cut Apples		Fruit salad
		Macaroni Salad	Salad Dressings			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
	4:00 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM