Upper Columbia Academy
Oct 30 - Nov 5, 2016
Week #___1____ - Subject to Change
Hope Sign up Tuesday

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	French Toast	Crepes	Biscuits and gravy	Egg McMuffins	Bagels	Waffles	
	Strawberries	Hot fruit	Hard Boiled Eggs	Tofu	Cream Cheese	Strawberries	
	Whipped Topping	Whipping Cream	Toppings	House Potatoes	Baked Tofu	Stripples	**Breakfast Line**
	Tofu	Hard boiled eggs	Tofu	Pineapple	Fresh Grapes	Oatmeal	
	Breakfast Patties	Tofu	Yogurt & Peaches	Grits	Oatmeal & Toppings	Tofu	
	Fruit Cocktail	Yogurt & Peaches	Cream of Wheat	Yogurt	Yogurt	Yogurt & Pears	
	Hot Cereal & Toppings	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Pears	Fresh fruit, cereal bar	Fresh fruit, cereal bar	
	Fresh fruit, cereal bar	Belgium Waffles	Belgium Waffles		Belgium Waffles	Belgium Waffles	
	10:00 AM	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***8:30 AM***
LUNCH	Chicken Noodle Soup	UCA Mexican Grill	Spaghetti	Jimmy Burgers	Pita Bar	Chili	Dinner Roast
	Biscuits	Black & Pinto Beans	French Bread	Oven Baked Fries	Hummus	Corn Bread	Steamed Potatoes
	Jam/ Butter	Grilled squash/onion	Salad Bar	Cole Slaw	Pesto	Green Salad	Broccoli
	Short Salad Bar	Veggie Toppings	Peas & Carrots	Fresh Fruit	Spinach, Tomato		Tossed Salad
		Cilantro Lime Rice	Cookies		Red Onion		Pie
		Corn & Fresh Salsa			Feta, Cheese		Vegan option
					Cucumber		
					Ranch		
					Lentil Soup		
		11:45 AM	***11:45 AM***	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER	Chili Dogs:	Veggie Calzones	Ramen Bar	Taco Soup	Little Pizza's	Fruit Salad	Grillers
	Big Franks, Chili	Spinach Salad	Toppings	Corn Chips	Short Salad Bar	Egg Salad Spread	Potatoes Salad
	Onions, Cheese	Marinara Dipping Sauce	Garden Salad	Sour Cream & Cheese		Tofu Salad Spread	Cottage Cheese
	Tortilla Chips, Salsa			Cilantro & Salsa		Variety Pack Chips	Pineapple
	Simple Salad Lettuce			Guacamole			
	Tomatoes/ Olives					**Breakfast Line**	
	Ranch and Italian	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***