

Upper Columbia Academy

Oct 9 -15, 2016

Week # 3 - Subject to Change

Fall Week of Prayer

Hope

Closed weekend

Sunday School

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Crapes	Scrambled Eggs	Biscuits and Gravy	Pancakes	Egg McMuffins	Waffles	Muffins
	Strawberries	Oven Roasted Potatoes	Oven Baked Potatoes	Applesauce	Tofu	Strawberries	Links
	Applesauce	with Peppers & Onions	Peppers/ Onions	Links	Pineapple Chunks	Whipping cream	Hard Boiled eggs
	Tofu	Tofu	Tofu	Tofu	Yogurt	Links	Baked Tofu
	Breakfast Patties	Yogurt	Yogurt	Yogurt	Mixed Fruit	Tofu	Hot Cereal/Toppings
	Hot Cereal	Peaches	Pears	Pears		Yogurt	Yogurt & Pineapple
	Fresh Fruit, Cereal Bar	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	Belgium Waffles	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>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>8:30 AM</i>
LUNCH	Hay Stacks	Fajitas	Pasta	Chicken Nuggets	Grillers	Nacho Bar	Meat Balls/ Gravy
		Grilled Veggies	Mushroom Sauce	Rice /Beans	Potatoes Salad	Refried Beans	Green Beans
		Mixed Beans	Marinara Sauce	Mashed Potatoes	Fresh cut fruit &	Super Dip	Garlic Bread
		Grilled Soy meat	Garlic Baked Broccoli	Carrots	Veggies	Brown Rice	Garden Salad
		Guacamole & Cheese	Salad Bar	Brussels Sprouts	potato chips	Cheese Sauce	Brownies
		Sour Cream & Salsa	Bread Sticks	Dinner Rolls		Jalapenos & Onion	
		Cilantro Lime Rice	Cookies	Mixed greens Salad		Olives & Sour Cream	
		Corn chips		Toppings		Cilantro & Salsa	
				Dressings			
	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 AM</i>	<i>11:45 PM</i>	<i>11:15 AM</i>	<i>12:30 PM</i>	
DINNER	Chili Dogs:	Ramen Noodles	Meat ball hoagies	Potato Soup	Ravioli	Chicken Nuggets	Grillers
	Big Franks, Chili	Toppings	Seasoned corn	Corn Bread	Brochette Baguette	Mashed Potatoes	French Fries
	Onions, Cheese		Tossed salad	Garden Salad	Green beans	Peas	Tossed Salad
	Tortilla Chips, Salsa	Tossed Salad		Cottage Cheese	Salad Bar	Rolls	
	Simple Salad Lettuce			Peaches			
	Tomatoes/ Olives						
	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>	