

Upper Columbia Academy

Dec 4 - 10, 2016

Week # 1 - Subject to Change

Winter Banquet Sunday the 4th

Open Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST		Crepes	Biscuits and gravy	Egg McMuffins	Bagels	Waffles	
		Hot fruit	Hard Boiled Eggs	Tofu	Cream Cheese	Strawberries	
	Breakfast in the Dorms	Whipping Cream	Toppings	House Potatoes	Baked Tofu	Stripples	Breakfast Line
		Hard boiled eggs	Tofu	Pineapple	Fresh Grapes	Oatmeal	
		Tofu	Yogurt & Peaches	Grits	Oatmeal & Toppings	Tofu	
		Yogurt & Peaches	Cream of Wheat	Yogurt	Yogurt	Yogurt & Pears	
		Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Pears	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		UCA Mexican Grill	Spaghetti	Jimmy Burgers	Pita Bar	Chili	Dinner Roast
		Black & Pinto Beans	French Bread	Oven Baked Fries	Hummus	Corn Bread	Steamed Potatoes
	Snacks in the Dorms	Grilled squash/onion	Salad Bar	Cole Slaw	Pesto	Green Salad	Broccoli
		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		Veggie Calzones	Ramen Bar	Taco Soup	Little Pizza's	Fruit Salad	Grillers
		Spinach Salad	Toppings	Corn Chips	Short Salad Bar	Egg Salad Spread	Potatoes Salad
	Banquet	Marinara Dipping Sauce	Garden Salad	Sour Cream & Cheese		Tofu Salad Spread	Cottage Cheese
				Cilantro & Salsa		Variety Pack Chips	Pineapple
				Guacamole			
						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