

Upper Columbia Academy

Nov 13 - 19, 2016

Week # 3 - Subject to Change

Hope - Wednesday

Music Tour - Friday

Closed weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	French Toast	Scrambled Eggs	Bagels/cream cheese	Pancakes	Egg McMuffins	Waffles	Breakfast cake
	Strawberries	Oven Roasted Potatoes	Omelets	Applesauce	Tofu	Strawberries	Links
	Applesauce	with Peppers & Onions	Salsa	Links	Pineapple Chunks	Whipping cream	Hard Boiled eggs
	Tofu	Tofu	Tofu	Tofu	Yogurt	Links	Tofu
	Breakfast Patties	Yogurt	Yogurt	Yogurt	Mixed Fruit	Tofu	Hot Cereal
	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	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		Fajitas	Pasta	Seasoned flat bread	Grillers	Nacho Bar	Meat Balls
		Grilled Veggies	Mushroom Sauce	Hummus	Potatoes Salad	Refried Beans	Steamed Potatoes
		Mixed Beans	Marinara Sauce	Pesto	Fresh cut fruit &	Super Dip	Corn and Peas
		Grilled Soy meat	Garlic Baked Broccoli	Spinach, Tomato	Veggies	Brown Rice	Dinner rolls
		Guacamole & Cheese	Salad Bar	Red Onion, Cucumber	Potato chips		Salad
		Sour Cream & Salsa	Bread Sticks	Feta, Cheese		Jalapenos & Onion	Fruit Crisp
		Cilantro Lime Rice	Cookies	Onion Cucumber Salad		Olives & Sour Cream	
		Corn chips		Salad Bar		Cilantro & Salsa	
				Mrs. Randall's 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:	Corn dogs	Ramen Bar	Potato Soup	Braided Taco's	Chicken Nuggets	Grillers
	Big Franks, Chili	Potato Salad	Toppings	Corn Bread	Salad/Cottage cheese	Mashed Potatoes	French Fries
	Onions, Cheese	Cut Apples/Oranges	Tossed Salad	Garden Salad		Peas/Garden Salad	Tossed Salad
	Tortilla Chips, Salsa	Chips		Cottage Cheese		Cottage Cheese	
	Simple Salad Lettuce			Peaches		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>	