Upper Columbia Academy
Jan 1 - 7, 2016
Week #___1____ - Subject to Change
Welcome Back Swop retreat leaves Thursday Open weekend

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST			Egg McMuffins	Biscuits & Gravy	Bagels	Waffles	
			Tofu	Hard Boiled Eggs	Cream Cheese	Strawberries	**Sack Breakfast Line**
			House Potatoes	Toppings	Baked Tofu	Stripples	
			Pineapple	Tofu	Fresh Grapes	Oatmeal	
			Grits	Yogurt & Peaches	Oatmeal & Toppings	Tofu	
			Yogurt	Cream of Wheat	Yogurt	Yogurt & Pears	
			Fresh fruit, cereal bar	Fresh fruit, cereal bar	Fresh fruit, cereal bar	Fresh fruit, cereal bar	
			Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	
			6:30 AM	***6:30 AM***	***6:30 AM***	***6:30 AM***	***8:30 AM***
LUNCH			Baked Spaghetti	Jimmy Burgers	Pita Bar	Chili	Dinner Roast
			French Bread	Oven Baked Fries	Hummus	Corn Bread	Steamed Potatoes
			Salad Bar	Cole Slaw	Pesto	Green Salad	Broccoli
			Peas & Carrots	Fresh Fruit	Spinach, Tomato		Tossed Salad
			Cookies		Red Onion		Pie
					Feta, Cheese		Vegan option
					Cucumber		
					Ranch		
					Lentil Soup		
			11:45 AM	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER			Ramen Bar	Taco Soup	Little Pizzas	Fruit Salad	Grillers
			Crackers	Corn Chips	Salad	Egg Salad Spread	Potatoes Salad
			Garden Salad	Sour Cream & Cheese		Tofu Salad Spread	Cottage Cheese
				Cilantro & Salsa		Variety Pack Chips	Pineapple
				Guacamole			
						Sack Breakfast	
			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***