

Upper Columbia Academy
January 15 - 21, 2017
Week # 3 - Subject to Change
UCA Choir Clinic 19th-21st "Closed weekend"

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	French Toast	Bagels	Biscuits & Gravy	Pancakes	Egg McMuffins	Waffles	Cinnamon Rolls
	Strawberries	Cream Cheese	Hard Boiled Eggs	Applesauce	Tofu	Strawberries	Hash browns
	Applesauce	Hard Boiled eggs	Toppings	Links	Pineapple Chunks	Whipping cream	Hard Boiled eggs
	Tofu	Stripples	Tofu	Tofu	Yogurt	Links	Tofu
	Breakfast Patties	Apple Sauce	Yogurt & Peaches	Yogurt	Mixed Fruit	Tofu	Hot Cereal
	Hot Cereal	Tofu	Cream of Wheat	Pears		Yogurt	Toppings
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Yogurt & Pineapple
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar
	<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	Ravioli	Nacho Bar	Meat Balls
		Grilled Veggies	Mushroom Sauce	Hummus	Brochette Baguette's	Refried Beans	Scallop Potatoes
		Mixed Beans	Marinara Sauce	Pesto	Green beans	Super Dip	Dinner Rolls
		Grilled Soy meat	Garlic Baked Broccoli	Spinach, Tomato	Salad Bar	Brown Rice	Broccoli
		Guacamole & Cheese	Salad Bar	Red Onion, Cucumber		Chips	Cookie Bars
		Sour Cream & Salsa	Bread Sticks	Feta, Cheese		Jalapenos & Onion	
		Cilantro Lime Rice	Cookies	Onion Cucumber Salad		Olives & Sour Cream	
		Corn chips		Salad Bar		Cilantro & Salsa	
				Mrs. Kravig 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:	Egg Rolls	Hoggie	Chicken Nuggets	Taco's	Potato Soup	Grillers
	Big Franks, Chili	Fried Rice	Chips	Mashed Poatoes		Sabbath Braided Bread	Potatoes Salad
	Onions, Cheese	Strir fried Veggies	Carrots/ Celery sticks	Green beans		Garden Salad	Fruit Salad
	Tortilla Chips, Salsa	Tossed Salad		Salad Bar		Cottage Cheese	
	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>	