Upper Columbia Academy
January 22 - 28, 2017
Week #___ 4____ - Subject to Change
WWU Friendship Tournament 26th - 28th "Open weekend"

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	French Toast	Breakfast Burritos	Biscuits & Gravy	Scrambled Eggs	Egg McMuffins	Waffles	
	Strawberries	Scrambled Eggs	Hard Boiled Eggs	Fri Tators	Tofu	Strawberries	**Sack Breakfast line**
	Applesauce	Toppings	Toppings	Parfait Bar	House Potatoes	Whipping cream	
	Tofu	Malt-O-Meal	Tofu	Tofu	Pineapple	Links	
	Breakfast Patties	Apple Sauce	Yogurt & Peaches	Hot Cereal	Grits	Tofu	
	Hot Cereal	Tofu	Cream of Wheat		Yogurt	Yogurt	
	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
	10:00 AM	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***8:30 AM***
LUNCH	Haystacks	Crusty Pot Pie	Fresh Pizza	Marzetti	Grillers	Fajitas	Burger Roast
		Lima Beans	Pesto, Ranch	Roasted Root veggies	Chips	Black beans	Baked Potaotes
		Wheat dinner Rolls	Red Sauce	Bread sticks	Fresh Fruit	Grilled Veggies	Mixed Veggie
		Sort Salad Bar	Cheddar Cheese	Salad Bar		Mixed Beans	Dinner Rolls
		Dinner rolls	Feta				Ice Cream/Sorbet
			Broccoli, Tomato			Guacamole & Cheese	
			Purple onion, Olives			Sour Cream & Salsa	
			Mushrooms, Peppers			Cilantro Lime Rice	
			Dressings			Corn chips	
		11:45 AM	***11:45 AM***	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER	Little Pizzas	Manicotti	Corn dogs	Pancakes	Lentil Soup	Creamy Veggie Soup	Purtels
	Toppings	Green beans	Potato Salad	Toppings	Pita wedges/ Hummus	Fresh Dinner Rolls	Fruit Salad
	Garden salad	Garlic Bread	Fruit salad	Stripples	Green Salad	Garden Salad	Egg Salad
	Cottage Cheese	Short Salad bar		Whipping cream	Orange/ Apple slices	Cottage Cheese	Tofu Spread
	Peaches						Fresh bread
						Sack Breakfast Line	Croissants
	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
	4:00 PM	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***