Upper Columbia Academy January 8 - 14, 2017

Week #_____ - Subject to Change

Rec Ski Retreat - Leaves after class Friday 13th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	French Toast	Breakfast Burritos	Biscuits & Gravy	Muffins	Omelets	Waffles	
r .	Strawberries	Scrambled Eggs	Hard Boiled Eggs	Hard boiled eggs	Tri Tators	Strawberries	Sack Breakfast Line
AKFAST	Applesauce	Toppings	Toppings	Tofu	Tofu	Applesauce	
	Tofu	Malt-O-Meal	Tofu	Hashbrowns	Pears	Oatmeal	
X	Breakfast Patties	Apple Sauce	Yogurt & Peaches	Oatmeal/Toppings	Hot Cereal	Scrambled Eggs	
E^{\prime}	Hot Cereal	Tofu	Cream of Wheat	Yogurt		Tofu	
BRE/	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Peaches	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
Γ		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
		Prime Stakes	Potato Bar	Asian Haystacks	Fresh Pizza	Burrito Bar	Lasagna
		Mashed Potatoes	Chili	Brown Rice	Pesto, Ranch	Pinto Beans	Green Beans
		Green Beans	Broccoli	Black Beans	Red Sauce	Rice	Garlic Bread
LUNCH		Salad Bar	Cheese Sauce	Cabbage & Celery	Cheddar Cheese	Lettuce & Tomato	Garden Salad
			Chips	Red Pepper	Feta	Cheese & Olives	Fruit Pies
			Salad bar	Cucumber	Broccoli, Tomato	Salsa & Sour Cream	
			Cookies	Carrots	Purple onion, Olives	Guacamole	
				Pineapple Chunks	Mushrooms, Peppers		
				Asian Sauce	Dressings		
		11:45 AM	11:45 AM	11:45 AM	11:45 AM	11:15 AM	12:30 PM
	Little Pizzas	Baked Bean Burritos	Mac and cheese	Lentil Soup	Hot Dogs	Fruit Soup	Chicken Sandwiches
را	Toppings, Pineapple	Fresh salsa	Peas and Carrots	Pita / Hummus	Chili	Toast	Potato Chips
DINNER	Olives, Onion	Bean & Rice	Baked beans	Toss salad	Potato Chips	Peanut butter	Fresh Cut Veggies
	Peppers, Mushrooms	Chips	Dinner rolls		Carrot & Celery Sticks	Whipping cream	Dip
	Toss Salad				Cottage Cheese		Cantaloupe
Ι	Ranch & Italian					Sack Breakfast Line	
	Fresh Fruit, Cereal Bar						
	4:00 PM	5:30 PM					