Upper Columbia Academy
February 6- 11, 2017
Week #___1____ - Subject to Change
WWU Honor Band 8th-11th/Gymnastics Tour 10th-11th

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST			Biscuits & Gravy	Bagels	Egg McMuffins	Waffles	
			Hard Boiled Eggs	Cream Cheese	Tofu	Strawberries	**Sack Breakfast Line**
			Toppings	Baked Tofu	House Potatoes	Stripples	
			Tofu	Fresh Grapes	Pineapple	Oatmeal	
			Yogurt & Peaches	Oatmeal & Toppings	Grits	Tofu	
			Cream of Wheat	Yogurt	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	
	10:00 AM	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***8:30 AM***
LUNCH			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
			Green Beans	Fresh Fruit	Spinach, Tomato		Tossed Salad
			Cookies		Red Onion		Brownies
					Feta, Cheese		Vegan option
					Cucumber		
					Ranch		
					Lentil Soup		
		11:45 AM	***11:45 AM***	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER			Chicken Noodle	Little Pizzas	Taco's	Veggie Soup	Grillers
			Biscuits	Salad	Sour Cream & Cheese	Egg Salad Spread	Potatoes Salad
			Garden Salad		Cilantro & Salsa	Tofu Salad Spread	Cottage Cheese
			Jam / Peanut Butter		Guacamole	Sliced Fruit	Pineapple
						Croissants	
						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***