

*Upper Columbia Academy*  
*September 24 - 30, 2017*  
*Week #   1   - Subject to Change*  
**Hope sign up Wednesday ALUMNI WEEKEND**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>		Buddha Bowl	French Toast	Biscuits & Gravy	Breakfast Calzones	Blueberry Buckle	Muffins
		Rice	Strawberries	Hard Boiled Eggs	Cheese	Stripples	Scrambled Eggs
		Roasted Veggies	Whipped Cream	Toppings	Veggies	Tofu	Scrmabled Tofu
		Eggs/Tofu	Tofu/Eggs	Tofu	Sausages	Oatmeal	Hot Cereal
		Sauces	Oatmeal	Cream of Wheat	Fresh fruit, cereal bar	Yogurt	Fresh fruit, cereal bar
		Fresh fruit, cereal bar	Fresh fruit, cereal bar	Fresh fruit, cereal bar	Belgium Waffles	Fresh fruit, cereal bar	
		Belgium Waffles	Belgium Waffles	Belgium Waffles		Belgium Waffles	
	<i>10:00 AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>8:30 AM</i>
<b>LUNCH</b>		Enchiladas	Spinach Tortellini	Meatloaf	Curry	Baked Potato Bar	Haystacks
		Roasted Corn	Roasted Broccoli	Mashed Potatoes	Rice	Chili	Pinto Beans
		Tortilla Chips	Fresh Breadsticks	Gravy	Hard Boiled Eggs	Shredded Cheese	Cilantro/Lime Rice
		Fresh Salsa	Salad Bar	Green Beans	Veggies	Green Onions	Shredded Lettuce
		Salad Bar	Monster Cookies	Salad Bar	Flatbread	Jalapenos	Diced Tomatoes
					Salad Bar	Salad Bar	Diced Onions
							Shredded Cheese
							Salsa
						Guacamole	
	<i>12:15PM</i>	<i>12:15PM</i>	<i>12:00PM</i>	<i>12:15PM</i>	<i>12:00PM</i>	<i>12:30 PM</i>	
<b>DINNER</b>		Shamburgers	Cornbread	Pita Bar	Arroz con Pollo	Minestrone Soup	Smoothie Bowls
		Cheese/Lettuce	Chili	Falafels	Cilantro Lime Rice	Potato Soup	Diced Fruit
		Tomato/Onions	Shredded Cheese	Spinach/Cucumber	Crispy Fri Chik	Fresh Bread	Chopped Nuts
		Pickles	Green Onions	Tomato/Sprouts	Black Beans	Fresh Fruit	Granola
		Condiments	Jalapenos	Sauces	Bell Peppers/Onions		Roasted Potatoes
		Roasted Potatoes	Rice/Beans	Chips	Tomatoes/Cilantro		
		Smoothies	Fresh fruit, cereal bar	Grapes	Leftover Alternates		
	<i>4:00 PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:30 PM</i>	