

Upper Columbia Academy

Oct 22 -28, 2017

Week # 5 - Subject to Change

Technology Fair

School Board

Music Tour

Open weekend

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Veggie Frittata	Blueberry Buckle	Tator Tot Casserole	French Toast	Breakfast Tacos	Apple Crisp
		Hashbrowns	Eggs	Pancakes	Strawberry Sauce	Rice/Beans	Breakfast Links
		Yogurt	Tofu	Marionberry Sauce	Roasted Potatoes	Veggies	Tofu
		Fresh Fruit, Cereal Bar	Hot Cereal	Whip Cream	Oatmeal	Scrambled Eggs/Tofu	Fresh Fruit, Cereal Bar
		Belgium Waffles	Fresh Fruit, Cereal Bar	Hot Cereal	Strippilies	Fresh Salsa	
			Belgium Waffles	Fresh Fruit, Cereal Bar	Toppings	Fresh Fruit, Cereal Bar	
				Belgium Waffles	Fresh Fruit, Cereal Bar	Belgium Waffles	
					Belgium Waffles		
	<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>	
LUNCH		Taquitos	Pasta Primavera	Crispy Fri-Chik	Stroganoff	Corn Dogs	Oatmeal Patties
		Spanish Rice	Fresh Bread	Baked Potatoes	Rice	Macaroni Salad	Mashed Potatoes
		Roasted Corn	Roasted Green Beans	Chili	Sauce	Fresh Fruit	Broiled Broccoli
		Salad Bar	Salad Bar	Cheese Sauce	Broccoli	Salad Bar	Gravy
				Green Onions/Jalapenos	Fresh Bread		Salad Bar
				Peas	Salad Bar		Pretzel Salad
				Salad Bar			
	<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>	
DINNER		Arroz con Pollo	Gourmet Nachos	Lumpia	Cornbread Muffins	Grilled Cheese	Croissant Sandwiches
		Rice	Cheese/Vegan Sauce	Fried Rice w/Veggies	Chili	Tomato Bisque	Egg Salad
		Beans	Spinach/Tomatoes	Edamame	Cheese/Green Onions	Portabello Soup	Tofu Salad
		Veggies	Green Onion/Jalapenos	Cucumber/Dill Salad	Jalapenos/Cilantro	Fresh Fruit	Chicken Salad
		Smoothies	Black Beans/Rice	Fresh Fruit, Cereal Bar	Honey		Chips
		Fresh Fruit, Cereal Bar	Cilanto		Peaches		Fruit Smoothies
			Fresh Fruit, Cereal Bar		Leftover Alternatives		Fresh Fruit, Cereal Bar
					Fresh Fruit, Cereal Bar		
	<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>	