

Upper Columbia Academy

Oct 8 -14, 2017

Week # 3 - Subject to Change

Fall Week of Prayer

Hope

Closed weekend

Sunday School

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Coffee Cake	Veggie Skillet	Waffles	Breakfast Enchiladas	Cherry Turnovers	Egg Dish	Bagel Bar
	Scrambled Eggs	Roasted Veggies	Strawberries	Fruit Smoothies	Apple Turnovers	Tofu Hash	Sliced Vegi-Meats
	Scrambled Tofu	Scrambled Eggs	Fire Roasted Apples	Toppings	Roasted Potatoes	Tator Tots	Cheese
	Hashbrowns	Baked Tofu	Whipped Cream	Fresh Fruit, Cereal Bar	Hot Cereal	Yogurt	Baked Tofu
	Fruit Smoothies	Yogurt	Stripples	Belgium Waffles	Tofu	Fresh Fruit, Cereal Bar	Fresh Fruit
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Tofu		Fresh Fruit, Cereal Bar	Belgium Waffles	Cream Cheeses
		Belgium Waffles	Fresh Fruit, Cereal Bar		Belgium Waffles		Fresh Fruit, Cereal Bar
			Belgium Waffles				
	10:00 AM	6:45AM	6:45AM	6:45AM	6:45AM	6:45PM	8:30 AM
LUNCH		Tamales	Macaroni & Cheese	Sack Lunches	Stir-Fry	Buddha Bowl	Crispy Fri-Chik
		Rice	Vegan Grilled Cheese		Chow Mein Noodles	Quinoa	Roasted Potatoes
		Beans	Roasted Broccoli		Fried Rice	Vegi Meat/Beans	Corn on the Cob
		Fresh Salsa	Salad Bar		Veggies	Tofu/Eggs	Salad Bar
		Fresh Guacamole	Cookie Bars		Salad Bar	Veggies	Carrot Cake
		Salad Bar				Dressings	Chocolate Cake
						Salad Bar	
		12:15PM	12:15PM	12:00PM	12:15PM	12:00PM	12:30 PM
DINNER	DIY Quesadillas	Bibimbap Bowl	Tacos	Special K Loaf	Gourmet Salad Bar	Chili	Fruit Pizza
	Shredded Cheese	Tofu/Fri Chik	Rice/Beans	Mashed Potatoes	Vegi-Meat	Cornbread	Sugar Cookies
	Veggies	Bean Sprouts/Carrots	Griller Crumbles	Gravy	Eggs/Tofu	Cheese	Cream Cheese
	Vegi Meat	Snow Peas/Baby Corn	Corn/Spinach	Salad Bar	Veggies	Jalapenos/Cilantro	Diced Fruit
	Hot Sauces/Salsa	Green Onion/Thai Basil	Lettuce/Tomatoes	Fresh Fruit, Cereal Bar	Dressings	Green Onions	Peanut Sauce
	Fresh Fruit, Cereal Bar	Sauces	Onions/Olives		Smoothies	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Cilantro/Jalapenos		Fresh Fruit, Cereal Bar		
	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:30 PM