

Upper Columbia Academy

November 12 - 18, 2017

Week # 3 - Subject to Change

Parent Weekend/Amateur Hour

Closed weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Coffee Cake	Veggie Skillet	Waffles	Breakfast Enchiladas	Apple Empanadas	Breakfast Burritos	Apple Crisp
	Hashbrowns	Breakfast Patties	Strawberry Sauce	Fire Roasted Apples	Peach Empanadas	Tator Tots	Scrambled Eggs
	Fresh Fruit, Cereal Bar	Tofu	Whipped Cream	Fresh Fruit, Cereal Bar	Roasted Potatoes	Tofu	Baked Tofu
	Fruit Smoothies	Fresh Fruit, Cereal Bar	Stripples	Belgium Waffles	Oatmeal	Hot Cereal	Hot Cereal
	Belgium Waffles	Belgium Waffles	Yogurt	Breakfast Rice	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	6:45AM	6:45AM	6:45AM	6:45AM	6:45AM	8:30 AM
LUNCH		Special K Loaf	Asian Haystacks	Thanksgiving Feast	Macaroni & Cheese	Buddha Bowl	Pasta Bar
		Mashed Potatoes	Salad Bar	Gluten Steaks	Mashed Potatoes	Quinoa	Sauces
		Green Beans	Ginger Snaps	Mashed Potatoes	Broccoli	Roasted Veggies	Garlic Bread
		Fresh Bread	Monster Cookies	Stuffing	Salad Bar	Eggs/Tofu/Vegi-Duck	Asparagus
		Salad Bar		Green Bean Casserole		Fresh Veggies	Salad Bar
				Bread Rolls		Sauces	Lava Cupcakes
				Salad Bar		Salad Bar	
				Pumpkin/Apple Pie			
DINNER		12:15PM	12:15PM	12:00PM	12:15PM	12:00PM	12:30 PM
	DIY Quesadillas	Bibimbap Bowls	Tacos	Sandwiches	Gourmet Salad Bar	Chili	Shamburgers
	Tortilla Shells	Ramen	Rice/Beans	Meat/Cheese	Leftover Alternatives	Cornbread Muffins	served in Gym
	Shredded Cheese	Tofu/Fri-Chik	Griller Crumbles/Cheese	Lettuce/Tomatoes	Fruit Smoothies	Shredded Cheese	
	Veggies	Water Chesnuts	Corn/Spinach	Onions/Pickles	Beans/Rice	Diced Jalapenos	
	Vegi Meat	Carrots/Snow Peas	Lettuce/Tomatoes	Condiments		Diced Green Onions	
	Fresh Fruit, Cereal Bar	Baby Corn/Green Onion	Onions/Olives	Cut Veggies		Tossed Salad	
		Sauces	Cilantro/Dressings	Cookies		Fresh Fruit, Cereal Bar	
	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:30 PM