

Upper Columbia Academy

November 19 - 25, 2017

Week # 4 - Subject to Change

Home Leave starts Tuesday Thanksgiving Break

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Eggs Benedict	Crepes	Oven Roasted Potatoes				
	English Muffins	Cream Cheese Filling	Scrambled Eggs				
	Fried Eggs/Tofu	Fruit	Scrambled Tofu				
	Hollandaise Sauce	Sauteed Veggies	Scones				
	Tomatoes/Spinach	Herbed Cheese	Fresh Fruit, Cereal Bar				
	Avocado	Granola	Belgium Waffles				
	Fresh fruit, cereal bar	Fresh fruit, cereal bar					
	Belgium Waffles	Belgium Waffles	Lunch Line				
	<i>10:00 AM</i>	<i>6:45AM</i>	<i>6:45AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>6:30 AM</i>	<i>8:30 AM</i>
LUNCH		Burrito Bowl					
		Rice/Beans					
		Corn/Tomatoes	Lunch Line				
		Cheese/Lettuce					
		Onion/Olives					
		Cilantro					
		Condiments					
		Salad Bar					
		<i>12:15PM</i>					
DINNER	Calzones	Pancit					
	Salad Bar	Rice/Beans					
	Rice/Beans	Vegi-Duck/Veggies					
	Fresh fruit, cereal bar	Sauces					
		Fresh fruit, cereal bar					
<i>4:00 PM</i>	<i>5:00PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	<i>5:30 PM</i>	