Upper Columbia Academy
November 5-11, 2017
Week #___3____- Subject to Change
Music Tour

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Breakfast Hash	Yogurt Parfaits	Breakfast Sandwiches	Pancakes	Huevos Rancheros	Scones	Continental Breakfast
	Scrambled Eggs	Diced Fruit	English Muffins	Strawberry Sauce	Fried Eggs	Hot Cereal	Bagels
	Scrambled Tofu	Granola	Fried Eggs/Sliced Tofu	Cinnamon Applesauce	Mexican Cheese	Breakfast Patties	Scones
	Potatoes	Roasted Potatoes	Sliced Cheese	Stripples	Sauce/Sour Cream	Baked Tofu	Yogurt
	Veggies	Fresh Fruit, Cereal Bar	Sliced Vegi Meat	Tator Tots	Green Onions	Fresh Fruit, Cereal Bar	Cream Cheese
	Cheese	Belgium Waffles	Fresh Fruit, Cereal Bar	Toppings	Hot Cereal	Belgium Waffles	Cereal/Fresh Fruit
	Fresh Fruit, Cereal Bar		Condiments	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		Taquitos	Ravioli	Biscuits	Pad Thai	Mazidra	Eggplant Parmesean
		Spanish Rice	Garlic Green Beans	Chicken Pot Pie	Noodles	Rice	Broccolini
		Tortilla Chips	Fresh Bread Rolls	Broccoli	Diced Crispy Tofu	Lentils	Breadsticks
		Corn Salsa	Shredded Parmesean	Salad Bar	Veggies	Kalamata Olives	Gourmet Salad Bar
		Fresh Salsa	Salad Bar		Chopped Cilantro	Cucumber	Chocolate Mousse
		Salad Bar	Grasshopper Pie		Sauce	Greek Sauce	
					Salad Bar	Salad Bar	
		12:15PM	***12:15PM***	***12:00PM***	***12:15PM***	***12:00PM***	***12:30 PM***
DINNER	Corn Dogs	Flatbread Pizza	Fajitas	Haystacks	Nachos	Corn Chowder	Hot Dogs
	Fresh Fruit	Gourmet Salad Bar	Corn Tortillas	Beans/Rice	Cheese Sauce/Vegan	Chicken Noodle Soup	Buns
	Roasted Veggies Kabobs	Fresh Fruit, Cereal Bar	Roasted Veggies	Griller Crumbles	Black Beans	Fresh Bread	Fresh Fruit
	Homemade Tartar Sauce		Rice	Lettuce/Tomatoes	Spinach/Tomatoes	Fresh Fruit, Cereal Bar	Potato Salad
	Cereal Bar		Braised Gluten	Onions/Olives	Green Onions/Olives		Condiments
			Shredded Cheese	Cheese/Sour Cream	Cilantro		
			Fresh Fruit, Cereal Bar	Salsa/Guacamole	Leftover Alternatives		
	4:00 PM	***5:00PM***	***5:00PM***	***5:00PM***	***5:00PM***	***5:00PM***	***5:30 PM***