## Upper Columbia Academy October 29-November 4, 2017 Week #\_\_\_1\_\_\_ - Subject to Change

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Buddha Bowl	French Toast	Scones	Biscuits & Gravy	Blueberry Buckle	Egg Cups	Blueberry Muffins
r .	Rice	Peach Sauce	Tator Tots	Sliced Eggs/Tofu	Breakfast Strips	Tofu Scramble	Lemon/Poppyseed Muffins
ST	Roasted Veggies	Whipped Topping	Tofu	Griller Crumbles	Baked Tofu	Breakfast Sausage	Scrambled Eggs
FA	Eggs/Tofu	Scrambled Tofu	Fresh fruit, cereal bar	Sauteed Onions	Cream of Wheat	Fresh fruit, cereal bar	Scrambled Tofu
<b>AKF</b>	Sauces	Scrambled Eggs	Belgium Waffles	Sauteed Mushrooms	Yogurt	Belgium Waffles	Fresh Fruit
ΕĄ	Fresh fruit, cereal bar	Hot Cereal & Toppings	Cream of Wheat	Shredded Cheese	Fresh fruit, cereal bar		Belgium Waffles
BR	Belgium Waffles	Fresh Fruit, Cereal Bar		Fresh Fruit/Cereal Bar	Belgium Waffles		
_		Belgium Waffles		Belgium Waffles			
	10:00 AM	6:45AM	6:45AM	6:45AM	6:45AM	6:45AM	8:30 AM
		Enchilada Casserole	Spinach Tortellini	Meatloaf	Curry	Baked Potatoes	Lasagna
		Roasted Corn	Roasted Carrots	Mashed Potatoes	Rice	Roasted Broccoli	Grilled Asparagus
		Blue Corn Chips	Homemade Breadsticks	Gravy	Scrambled Eggs/Tofu	Veggie Pulled Pork	Baguette
Η		Fresh Salsa	Parmesean Cheese	Green Beans	Veggies	Shredded Cheese	Parmesean Cheese
LUNCH		Salad Bar	Salad Bar	Salad Bar	Naan	Green Onions	Cheese Cake
Ŋ			Chocolate Chip Cookies		Salad Bar	Dill Sauce	Salad Bar
Τ			Peanut Butter Cookies			Salad Bar	
		12:15PM	12:15PM	12:00PM	12:15PM	12:00PM	12:30 PM
	Shamburgers	Sloppy Joes	Wraps	Pita Bar	Arroz con Pollo	Lentil Stew	Smoothie Bowls
	Roasted Potatoes	Chopped Onions	Veggies	Falafels	Cilantro Lime Rice	Creamy Potato Soup	Assorted Fruit Topping
DINNER	Smoothies	Shredded Cheese	Vegi Meat	Veggies	Crispy Fri Chik	Fresh Bread	Chopped Nuts
Z	Rice/Beans	Chopped Jalapenos	Hummus/Cream Cheese	Housemade Sauce	Black Beans	Toppings	Granola
DI		Fruit Smoothies	Fresh fruit, cereal bar	Chips	Veggies	Fresh Fruit	Popcorn
		Assorted Chips	Rice/Beans	Grapes	Leftover Alternatives		
		Rice/Beans		Rice/Beans	Fruit Smoothies		
	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:30 PM