## Upper Columbia Academy December 3 - 9, 2017

Week #\_\_\_1\_\_\_ - Subject to Change

Winter Banquet Sunday the 3rd

Open Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Waffles	Buddha Bowl	Quiche	Biscuits & Gravy	Blueberry Buckle	Breakfast Calzones	Cranberry/Orange Muffins
r .	Strawberries	Rice	Tofu	Sliced Eggs/Tofu	Stripples	Cheese	Chocolate Chip Muffins
ST	Stripples	Roasted Veggies	Hashbrowns	Griller Crumbles	Baked Tofu	Veggies	Breakfast Patties
KFA	Oatmeal	Eggs/Tofu	Fresh Fruit	Sauteed Onions	Cream of Wheat	Breakfast Sausage	Baked Tofu
	Tofu	Sauces	Hot Cereal	Sauteed Mushrooms	Fresh fruit, cereal bar	Fresh fruit, cereal bar	Fresh fruit, cereal bar
BREA	Yogurt & Pears	Fresh Fruit, Cereal Bar	Belgium Waffles	Shredded Cheese	Belgium Waffles	Hot Cereal	Belgium Waffles
BR	Fresh fruit, cereal bar	Belgium Waffles		Fresh Fruit/Cereal		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	Samosas	Curry	Hassleback Potatoes	Lasagna
		Roasted Corn	Roasted Broccoli	Lentils	Rice	Roasted Broccoli	Grilled Green Beans
	Snacks in the Dorms	Tortilla Chips	Homemade Breasticks	Edamame	Scrambled Eggs/Tofu	Veggie Pulled Pork	Baguette
H		Fresh Salsa	Parmesean Cheese	Salad Bar	Veggies	Shredded Cheese	Parmesean Cheese
LUNCH		Fresh Guacamole	Salad Bar		Naan Bread	Green Onions	Berry Cobbler
Ę		Salad Bar	Cookies		Cucumber/Dill Salad	Dill Sauce	Salad Bar
Π					Salad Bar	Salad Bar	
		12:15PM	12:15PM	12:00PM	12:15PM	12:00PM	12:30 PM
		Shamburgers	Wraps	Pita Bar	Arroz con Pollo	Corn Chowder	Smoothie Bowls
ر ا		Cheese	Veggies	Falafels	Cilantro Lime Rice	Chicken Noodle Soup	Fruit Topping
DINNER	Banquet	Lettuce/Tomatoes	Sliced Vegi Meat	Veggies	Crispy Fri Chik	Fresh Bread	Chopped Nuts
		Onions/Pickles	Hummus/Ceram Cheese	Housemade Sauce	Black Beans	Fresh fruit, cereal bar	Granola
		Condiments	Fresh Fruit Smoothies	Chips	Veggies		Popcorn
		Cut Fruit	Rice/Beans	Grapes	Leftover Alternatives		Fresh fruit, cereal bar
		Chips	Fresh fruit, cereal bar	Fresh fruit, cereal bar	Fruit Smoothies		
	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:30 PM