

Upper Columbia Academy
November 26 - December 2, 2017
Week # 5 - Subject to Change
Music Tour-Sabbath **Open Weekend**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Veggie Frittata	Blueberry Buckle	Tator Tot Casserole	French Toast	Breakfast Tacos	Cinnamon Rolls
		Hashbrowns	Hard Boiled Eggs	Tofu	Strawberry Sauce	Rice/Beans	Scrambled Eggs/Tofu
		Tofu	Baked Tofu	Scones	Roasted Potatoes	Veggies	Hot Cereal
		Hot Cereal	Hot Cereal	Hot Cereal	Oatmeal	Scrambled Eggs/Tofu	Fruit Smoothies
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fruit Smoothies	Strippies	Fresh Salsa	Fresh Fruit, Cereal Bar
		Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar	Yogurt	Fresh Guacamole	Belgium Waffles
				Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	
					Belgium Waffles	Belgium Waffles	
		6:45AM	6:45AM	6:45AM	6:45AM	6:45AM	8:30 AM
LUNCH		Taquitos	Pasta Bar	Crispy Fri Chik	Stroganoff	Sloppy Joes	Baked Ziti
		Spanish Rice	Marinara Sauce	Baked Potatoes	Egg Noodles/Rice	Shredded Cheese	French Bread
		Mexican Roasted Corn	Alfredo Sauce	Cheese Sauce	Sauce	Chopped Onions	Roasted Zucchini
		Salad Bar	Pesto Sauce	Green Onions	Broccoli	Chopped Cilantro	Salad Bar
			Roasted Green Beans	Fresh Bread	Salad Bar	Chips	Grasshopper Pie
			Meatballs	Salad Bar		Salad Bar	
			Fresh Bread Rolls				
			Salad Bar				
			Brownie Bars				
		12:15PM	12:15PM	12:00PM	12:15PM	12:00PM	12:30 PM
		Arroz con Pollo	Gourmet Nachos	Lumpia	Cornbread Muffins	Grilled Cheese	Croissant Sandwiches
		Cilantro Lime Rice	Chips/Beans	Fried-Rice w/Veggies	Chili	Tomato Bisque	Egg Salad
		Black Beans	Cheese Sauce	Edamame	Shredded Cheese	Portebello Soup	Tofu Salad
		Crispy Fri-Chik	Spinach/Tomatoes	Cucumber/Dill Salad	Green Onions/Jalapenos	Fresh Fruit, Cereal Bar	Chicken Salad
		Veggies	Green Onions/Olives	Fresh Fruit, Cereal Bar	Honey/Peaches		Chips
		Fruit Smoothies	Jalapenos/Cilantro		Leftover Alternatives		Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Rice		Fresh Fruit, Cereal Bar		Nov 26-
			Fresh Fruit, Cereal Bar				
	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:30 PM