Upper Columbia Academy January 14-20, 2018

Week #____3 ___ - Subject to Change

UCA Band Clinic 18th-20th "Closed weekend"

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Scrambled Eggs	Bagels	Biscuits & Gravy	Pancakes	Scones	Turnovers	Cinnamon Rolls
r .	Oven Roasted Potatoes	Cream Cheese	Hard Boiled Eggs	Applesauce	Breakfast Patties	Roasted Potatoes	Hash browns
SI	with Peppers & Onions	Hard Boiled eggs	Toppings	Links	Hard Boiled Eggs	Hot Cereal	Hard Boiled eggs
\overline{FA}	Tofu	Stripples	Tofu	Tofu	Tofu	Links	Tofu
AKF,	Yogurt	Apple Sauce	Yogurt & Peaches	Yogurt	Mixed Fruit	Tofu	Hot Cereal
${ m E}^{ endalign{ orange}{ar{A}}}$	reacties	Tofu		Pears	Hot Cereal	Yogurt	Toppings
BRE/	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Yogurt & Pineapple
	Fresh Fruit, Cereal Bar	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar
	10:00 AM	6:45AM	6:45AM	6:45AM	6:45AM	6:45AM	6:45AM
		Chicken Pot Pie	Pad Thai Noodles	Stroganoff	Grillers	Marzetti	Haystacks
		Steamed Brocolli	Crispy Tofu	Roasted Root veggies	Baked Fries	Green Beans	
		Salad Bar	Scramble Eggs	Bread sticks	Fresh Cut Veggies	Garlic Bread	
Η			Stir fry veggies	Salad Bar	Dip/Condiments	Parmessan cheese	
2			Green Onions/Peanut sauce		Short Salad Bar		Pie and whipping cream
LUNCH			Soy sauce			Salad Bar	
Γ			Peanuts		Sour Cream/Salsa/Guacamole		
			Salad Bar		Dressings		
			Cookies				
		12:15PM	12:15PM	12:00NN	12:15PM	12:00NN	12:30 PM
	Macaroni & Cheese	Taco Bar	Samosa	Pizza Bar	Bake Burrito	Potato Soup	Chicken Nuggets
~	Baked Beans		Veggies	White/Red Sauce	Spanish Rice	Corn Bread	Curly Fries
EF	Hotdogs		Rice	Pesto Sauce	Sour Cream/Salsa/Guacamole	Garden Salad	Condiments
DINNER	Fresh Slice Fruit		Short Salad Bar	Fresh Toppings	Diced Onions/Jalapino/Cheese	Cottage Cheese	Macaroni Salad
	Condiments			Dressings	Short Salad Bar	Peaches	Fresh Cut Veggies+Dip
Π	Rice & Beans	Rice & Beans	Rice & Beans	Rice & Beans	Rice & Beans	Smoothies+Rice&Beans	Rice/Beans
L	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM