Upper Columbia Academy
January 21 - 27, 2018
Week #___ 4____ - Subject to Change
WWU Friendship Tournament 25th - 28th "Open weekend"

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST	French Toast	Breakfast Burritos	Huevos Rancheros	Coffe Cake	Crepes	Apple Muffins	**Food deliver to the**
	Strawberries	Scrambled Eggs	Country fried potatoes	Toppings	Crèam Cheese	Blueberry Muffins	**Dorms**
	Applesauce	Toppings	Avocado	Tofu	Fruits	Scramble Eggs	Check the List
	Tofu	Malt-O-Meal	Sour Cream	Breakfast Stripples	Hashbrowns	Tofu	Sabbath Dorm Breakfast
	Breakfast Patties	Apple Sauce	Grated cheese	Yogurt & Peaches	Tofu/Eggs	Sauces	
	Hot Cereal	Tofu	Cream of Wheat	Hot Cereal	Hot Cereal	Hot Cereal	
	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
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles
	10:00 AM	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***6:30 AM***	***8:30 AM***
LUNCH		Scalloped Potatoes	Steamed Rice	Spaghetti	Crusty Pot Pie+Biscuits	Fajitas	Ravioli
		Prime stakes	Curry Soup	Meatballs	Steamed Brocolli	Black beans	Carribean Blend
		Green beans	Baked tofu	Marinara Sauce	Dinner Rolls	Grilled Veggies	Dinner Rolls
		Seasoned Corn	Egg rolls/Sauces	Garlic Baked Broccoli	Spinach Salad	Mixed Beans	Butter
		Dinner rolls	Black Beans	Salad Bar			Short Salad Bar
		Salad Bar	Nan Bread	Bread Sticks	Salad Bar	Guacamole & Cheese	Croutons/Dressings
			Salad Bar	Dressings		Sour Cream & Salsa	
			Cookies			Cilantro Lime Rice	
						Corn chips	Ice Cream/Sorbet
		11:45 AM	***11:45 AM***	***11:45 AM***	***11:45 AM***	***11:15 AM***	***12:30 PM***
DINNER	Little Pizzas	Corn dogs	Wraps/	Gourmet Nachos	Lentil Soup	Creamy Veggie Soup	Pop Corn
	Toppings	Potato Salad	Cream cheese/Hummus/Pesto	Chips/Cheese Sauce	Pita wedges/ Hummus	Fresh Dinner Rolls	Fruit Salad
	Garden salad	Fruit salad	Spinach/tomatoes/Red Onion	Spinach/Tomatoes	Green Salad	Garden Salad	Egg Salad
	Cottage Cheese	Garden Salad	Cucumbers/Chicken Strips	Onions/Jalapenos	Orange/ Apple slices	Cottage Cheese	Tofu Spread
	Peaches		Feta Cheese/Dressing				Fresh bread
	Rice & Beans	Rice & Beans	Rice & Beans	Rice & Beans	Rice & Beans	Rice & Beans	Rice & Beans
	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
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles
	4:00 PM	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***	***5:30 PM***