# *Upper Columbia Academy*
## *September 9-15, 2018*
## *Week #___3___ - Subject to Change*

***Backpacking Trip (9)FreshmanRetreat(9)/Senior Survival(9-14)/ITED Testing (11-12)Class Vespers/Closed Weekend/ASB Church***

| | ***Sunday*** | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Sabbath*** |
|---|---|---|---|---|---|---|---|
| BREAKFAST | French Toast | Breakfast Burritos | Biscuits & Gravy | Muffins | Turnovers | Quiche | Scones |
| | Smoothies | Tri tators | Hard Boiled Eggs | Chili Egg Puff | Hashbrowns | Roasted Potatoes | Potato Cheddar Breakfast Bake |
| | Red Potatoes | Breakfast Sausage | Griller Crumbles | Stripples | Scramble Eggs | Breakfast Links | Breakfast Sausage |
| | | | | | | Fried Oatmeal | Hard Boiled Eggs |
| | Tofu/Sauces/Yogurt | Tofu/Sauces/Yogurt | Tofu/Sauces/Yogurt | Tofu/Sauces/Yogurt | Tofu/Sauces/Yogurt | Tofu/Sauces/Yogurt | Tofu/Sauces/Yogurt |
| | Hot Cereal/Dry Toppings | Hot Cereal/Dry Toppings | Hot Cereal/Dry Toppings | Hot Cereal/Dry Toppings | Hot Cereal/Dry Toppings | Hot Cereal/Dry Toppings | Hot Cereal/Dry Toppings |
| | 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 |
| | | | | | | | |
| LUNCH | | Pasta Bar | Taco Bar | Tator Tot Stacks | Burger Bar | Chile Rellenos | Marzetti |
| | | Fettucini | | Tator Tots | Chicken | Cilantro Lime Rice | Carribean Blend |
| | | Marinara Sauce | | Beans | Fresh Cut Veggies | Pinto Beans | Parmessan Cheese |
| | | Alfredo Sauce | | Cheese | Dip & Condiments | Tortilla Chips | Garlic Bread |
| | | Pesto Sauce | | Lettuce | Fruit Salad | Toppings | Short Salad Bar |
| | | Meatballs | | Tomatoes | Chips | Salad | Dressing |
| | | Breadsticks | | Onion | | | Pies |
| | | Olive Garden Salad | | Olives/Cilantro | | | Whipped Cream |
| | | | | Sauces | Cookie Day | | |
| | | | | | | | |
| DINNER | Hot Dogs | Cornbread | Fresh Pizza Bar | Sloppy Joes | Ceasar Salad | Minestrone Soup | Mrs Sanford |
| | Corn on the cob | Chili | | Shredded Cheese | Grilled Chicken | Broccoli Cheddar | Sundae Bar |
| | Fresh Fruit | | | Chopped Onions | Rolls | Fresh Bread | |
| | Individual Chips | | | Chopped Jalapenos | Optional:Epicurian Delight | Butter | |
| | Tossed Salad/Dressing | Tossed Salad/Dressing | Short Salad Bar | Short Salad Bar | Short Salad Bar | Short Salad Bar | Short Salad Bar |
| | Rice & Bean | Rice & Bean | Rice & Bean | Rice & Bean | Rice & Bean | Rice & Bean | Rice & Bean |
| | 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 |
| | | | | | | | |

Minestrone Soup

Potato Soup

Fresh Bread

Butter