

Upper Columbia Academy
September 23-29, 2018

Week # 5 - Subject to Change
Midterm(24)/HOPE Sign-Up(26)/Alumni Weekend

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Breakfast Burritos	Biscuits and Gravy	Pumpkin Muffins	Huevos Rancheros	Yogurt Parfaits	Blueberry Buckle
		Fried Eggs/Tofu	Hard boiled Eggs		Fried Eggs	Fruit/Nuts	Tri Taters
		Cheese	Sauteed Mushrooms		Tomatillo Salsa	Granola/Seeds	Breakfast Links/Sausage
		Vegi-meat	Cheese		Potatoes	Bagels/Cream Cheese	Hard Boiled Eggs
		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
		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		Taco Bar	Baked Potato Bar	Stroganoff	Shamburgers	Chicken Noodle Soup	Haystacks
		Hard/Soft Shells	Chili	Rice/Egg Noodles	Bean Burger	Dinner rolls	Corn Chips
		Rice	Salsa & Sourcream	Sauce	Fresh Cut Veggies	Butter	Steamed Veggies
	Homeleave	Refried Beans	Green Onion	Broccoli	Dip & Condiments	Jam/Jelly	Parmesan Cheese
		Taco Meat	Bacon Bits	Fresh Bread	Fruit Salad		Tossed Salad
		Diced Veggies		Salad Bar	Chips	Salad Bar	Croutons
		Sauces					Dressing
		Salad Bar	Salad Bar				Pie/whipped Cream
					Cookie Day		
DINNER		Crackers/Cheese			Breakfast for Supper	Corn Bread	Little Pizza
		Bread/Jam/Butter			*Pancakes :-)	Chilli	Fresh Toppings
		Fresh Cut Veggies+Dip				Syrup and Butter	Cottage Cheese
						Apple Sauce	Peaches
		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
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar