

Upper Columbia Academy

October 21-27

Week # 5 - Subject to Change

School Board

Music Tour

Open weekend

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST		Waffles	Biscuits	Raspberry Scones	Scrambled Eggs	Peach Crisp	Cinnamon Rolls
		Strawberry Sauce	Gravy	Fruit Topping	Potatoes	Hashbrown Patties	Breakfast Links
		Whipped Cream	Tator Tots	Whipped Topping	Tofu	Tofu	Tofu
		Hashbrowns	Tofu	Red Roasted Potatoes	Breakfast Patties	Fresh Fruit	Fresh Fruit, Cereal Bar
		Tofu	Hardboiled Eggs	Stripples	Toppings		
		Hardboiled Eggs	Toppings	Fresh Fruit, Cereal Bar	Yogurt	Fresh Fruit, Cereal Bar	
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar	Belgium Waffles	
		Belgium Waffle Bar	Belgium Waffle Bar		Belgium Waffles		
	<i>7:15AM</i>	<i>7:15AM</i>	<i>7:15AM</i>	<i>7:15AM</i>	<i>7:15AM</i>	<i>8:30 AM</i>	
LUNCH		Angel Hair Pasta	Tamale Casserole	Grilled Chicken	Garden Burgers	Chile Relleno	Lasagna
		Marinara Sauce	Black Beans/Rice	Mashed Potatoes	Buns	Rice	Broccoli
		Alfredo Sauce	Fajita Veggies	Green Beans	Lettuce/Tomatoes	Beans	Breadsticks
		Pesto Sauce	Salad Bar	Salad Bar	Onions/Pickles	Toppings	Toppings
		Meatballs	Cookies		Condiments	Salad	Fruit of the Forest Salad
		Garlic Bread			Fresh Fruit		Grasshopper Pie
		Peas			Veggies		
		Parmesan			Fries		
		Salad Bar					
	<i>11:55AM</i>	<i>11:55AM</i>	<i>11:55AM</i>	<i>11:55AM</i>	<i>11:45AM</i>	<i>12:30 PM</i>	
DINNER		Arroz con Pollo	Hot Dogs	Taco Bar	Cornbread Muffins	Creamy Potato Soup	Pizza
		Rice	Leanies	Cilantro Lime Rice	Chili	Baguette Bread	Smoothies
		Beans	Chili	Griller Cumbles	Cheese/Green Onions	Cheese	
		Veggies	Cheese	Beans	Jalapenos/Cilantro	Crackers	
		Smoothies	Diced Onions	Veggies	Honey	Fresh Fruit	
		Fresh Fruit, Cereal Bar	Chips	Toppings	Peaches		
			Watermelon		Leftover Alternatives		
					Fresh Fruit, Cereal Bar		
	<i>4:00 PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:00PM</i>	<i>5:30 PM</i>	