Upper Columbia Academy
October 7- Oct 13, 2018
Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Turnovers	Pancakes	Biscuits & Gravy	Lemon/ Blueberry Muffin	French Toast	Breakfast Calzones	Coffee Cake
	Potatoes	Hashbrowns	Vegan Gravy	Roasted Potatoes	Berry Sauce	Tator Tots	Hasbrowns
	Tofu/Sauces/Yogurt	Breakfast Sausage	Hardboiled Eggs	Breakfast Patties	Pb/Butter	Tofu/Sauces/Yogurt	Hard boiled Eggs
		Yogurt Parfaits	Potatoes		Hashbrown Patties		Breakfast Strips
		Tofu/Sauces	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/Lunch Line	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles
LUNCH		Fettucine Bar	Tamales	Meatloaf	Grillers	Pad Thai	**Faculty-Advisee**
		Marinara Sauce	Rice	Mashed Potatoes	Sliced Cheese	Naan Bread	**Lunch**
		Alfredo Sauce	Beans	Steamed Broccoli	Fresh Cut Veggies	Veggie Toppings	
		Pesto Sauce	Fresh Salsa	Bread Rolls	Dip & Condiments	Kale Salad	
		Meatballs	Fresh Guacamole		Fruit Salad		
		Baguette Bread	Salad Bar		Chips		
		Steamed Veggies					
		Salad Bar					
			Cookie Day	Salad Bar			
DINNER	Chicken Nuggets	Street Taco Bar	Fried Rice	Fresh Pizza	Grilled Cheese	Broccoli Cheddar Soup	Baked Burritos
	Jo-Joes	Grilled Veggies	Egg Rolls	Salad	Tomato/Basil Bisque	Bread Rolls	Toppings
	Fresh Fruit	Griller Crumbles	Japanese Veggies		Tossed Salad	Crackers	Smoothies
	Tossed Salad	Shredded Cheese	Asian Coleslaw		Sauces	Cheese	
		Fresh Veggies		Short Salad Bar		Fresh Cut Fruit	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	Fresh Fruit, Cereal Bar