Upper Columbia Academy January 21 - 27, 2018

Week #____ - Subject to Change

WWU Friendship Tournament 25th - 28th "Open weekend" Tuesday Wednesday Thursday

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Breakfast Hash	Huevos Rancheros	Pancakes	Breakfast Sandwiches	Coffee Cake	Biscuits & Gravy	Muffins
	Scrambled Eggs	Fried Eggs	Peach Sauce	Fried Eggs/Tofu	Hashbrowns	Hard Boiled Eggs	Hashbrowns
T	Scrambled Tofu	Mexican Cheese	Whipped Topping	Cheese	Fresh Fruit, Cereal Bar	Toppings	Tofu
AS	Potatoes	Sauce/Sour Cream	Scrambled Tofu	Vegi-meat	Scrambled Eggs	Tofu	Fresh fruit, cereal bar
ΥKI	Veggies	Green Onions	Scrambled Eggs	Condiments	Belgium Waffles	Cream of Wheat	Belgium Waffles
BREAKFAST	Cheese	Hot Cereal	Hot Cereal & Toppings	Hot Cereal		Fresh fruit, cereal bar	Cream of Wheat
Bl	Fresh Fruit, Cereal Bar		Belgium Waffles				
	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles			
	10:00 AM	7:15AM	7:15AM	7:15AM	7:15AM	7:15AM	8:30AM
		Pasta Bar	Tacos	Pita Bar	Shamburgers	Biscuits	Spaghetti
		Marinara Sauce	Rice/Beans	Hummus	Lettuce/Onions/Tomato	Chicken Pot Pie	Meatballs
		Alfredo Sauce	Griller Crumbles	Pesto	Sliced cheese	Broccoli	Marinara Sauce
Ŧ		Pesto Sauce	Corn/Spinach	Spinach, Tomato	Condiments	Salad Bar	Garlic Baked Broccoli
LUNCH		Green Beans	Lettuce/Tomatoes	Red Onion	Curly Fries/Potato wedg	es	Salad Bar
5		Breadsticks	Onions/Olives	Feta, Cheese	Sauces		Bread Sticks
Ι		Olive Garden Salad	Rice/Beans	Cucumber	Fruit Salad		Dressings
				Ranch			
							Ice Cream/Sorbet
		11:55AM	11:55AM	11:55AM	11:55AM	12:15PM	12:30 PM
	Gourmet Salad Bar	Fried Rice	Dinner Roast	Wraps/	Macaroni & Cheese	Broccoli Cheddar Soup	Pop Corn
	Vegi-Meat	Egg Roll	Mashed Potatoes	Cream cheese/Hummus/Pe	Vegan Grilled Cheese	Bread Bowls	Fruit Salad
R	Tortillas	Stir Fry	Gravy	Spinach/tomatoes/Red On		Salad Bar	Crackers
DINNER	Veggies	Chicken Strips/Sauces	Veggie	Cucumbers/Chicken Strips	Salad bar		Cheese Squares
N	Dressings	Short Salad Bar	Rolls	Feta Cheese/Dressing	Dinner rolls		
I	Taquitos	Rice/Beans	Salad Bar	Rice & Beans		Rice & Beans	Rice & Beans
	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar			
<u> </u>	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:30PM