## Upper Columbia Academy January 14-20, 2018

## Week #\_\_\_3\_\_\_ - Subject to Change UCA Band Clinic 21st- 23rd "Closed weekend"

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Breakfast Burritos	Yogurt Parfaits	Pancakes	French Toast	Crepes	Biscuits & Gravy	Baked Oatmeal cups
	Scones	Diced Fruit	Peach Sauce	Strawberry Sauce	Cream Cheese	Hard Boiled Eggs	Fruit Topping
	Scrambled Eggs	Granola	Whipped Topping	Cinnamon Applesauce	Fruit	Toppings	Tator Tots
	Scrambled Tofu	Roasted Potatoes	Scrambled Tofu	Stripples	Sauteed Veggies	Tofu	Scrambled Tofu
	Potatoes	Fresh Fruit, Cereal Bar	Scrambled Eggs	Tator Tots	Herb-Cream Cheese	Cream of Wheat	Hot Cereal & Toppings
	Veggies	Belgium Waffles	Hot Cereal & Toppings	Toppings	Hashbrowns	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		
	10:00 AM	6:45AM	6:45AM	6:45AM	6:45AM	6:45AM	6:45AM
		Pasta Bar	Enchiladas	Stroganoff	Sandwiches	Chile Relleno	Haystacks
		Gnocchi	Roasted Corn	Roasted Root veggies	Chips	Spanish Rice	Pinto Beans
LUNCH		Marinara Sauce	Tortilla Chips	Bread sticks	Fresh Fruit	Tortilla Chips	Cilantro/Lime Rice
		Alfredo Sauce	Fresh Salsa	Salad Bar	Salad Bar	Corn Salsa	Shredded Lettuce
		Pesto Sauce	Salad Bar			Fresh Salsa	Diced Tomatoes
		Rolls/French Bread	Chocolate Chip Cookies			Salad Bar	Diced Onions
			Peanut Butter Cookies				Shredded Cheese
							Salsa
							Guacamole
		12:15PM	12:15PM	12:00PM	12:15PM	12:00NN	12:30 PM
DINNER	DIY Quesadillas	Baked Potato	Cornbread Muffins	Pizza Bar	TaterTot Casserole	Smoothie Bowls	Chicken Nuggets
	Tortilla Shells	Tortilla Chips	Chili	White/Red Sauce	Fresh Fruit, Cereal Bar	Assorted Fruit Topping	Curly Fries
	Shredded Cheese	Cheese Sauce	Cheese/Green Onions	Pesto Sauce	Salad Bar	Chopped Nuts	Condiments
	Veggies	Vegan Cheese Sauce	Jalapenos/Cilantro	Fresh Toppings	Steamed Veggie	Granola	Macaroni Salad
	Vegi Meat	Spinach/Tomatoes	Honey	Dressings		Popcorn	Fresh Cut Veggies+Dip
$\Gamma$	Fresh Fruit, Cereal Bar	Onions/Jalapenos	Peaches	Rice & Beans			Rice/Beans
		Beans/Rice	Leftover Alternatives	Fresh Fruit, Cereal Bar		Rice/Beans	Fresh Fruit, Cereal Bar
	4:00 PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM