Upper Columbia Academy
Jan 27 - Feb 2
Week #___1____ - Subject to Change
Choir Clinic

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	Waffles	Huevos Rancheros	Pancakes	Texas French Toast	Breakfast Burritos	Biscuits & Gravy	Muffins
	Strawberries	Tater Tots	Strawberry Sauce	Strawberry Sauce	Scrambled Eggs/Tofu	Hardboiled Eggs	Hashbrowns
	Stripples	Mexican Cheese	Whipped Topping	Cinnamon Applesauce	Tater Tots	Sauteed Mushrooms	Tofu
	Oatmeal	Salsa/Sour Cream	Scrambled Tofu	Sausage Patties	Cheese/Onions	Cheese/Onions	Sausage Links
	Tofu	Green Onions	Sausage Links	Red Cubed Potatoes	Sausage Crumbles	Tofu	Fresh fruit, cereal bar
	Yogurt & Pears	Hot Cereal	Hot Cereal & Toppings	Toppings	Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Belgium Waffles
	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Cream of Wheat
	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***
LUNCH		Pasta Bar - Fettucini	Haystacks	Curry	Shamburgers	DIY Pizza Bar	Lasagna
		Marinara Sauce	Pinto Beans	Rice	Cheese/Lettuce	Naan Bread Crust	Green Beans
		Alfredo Sauce	Cilantro/Lime Rice	Hard Boiled Eggs	Tomato/Onions	Red/Alfredo Sauce	Garlic Bread
		Pesto Sauce	Shredded Lettuce	Veggies	Pickles	Cheese/Onions	Garden Salad
		Rolls/French Bread	Diced Tomatoes	Flatbread	Condiments	Olives/Mushrooms	Fruit Pies
			Diced Onions	Salad Bar	Sweet Potatoe Fries	Pineapple/Jalapenos	Whipped Cream
			Shredded Cheese			Bell Pepper	
			Salsa				
		Salad Bar	Guacamole				
		11:55AM	***11:55AM***	***11:55AM***	***11:55AM***	***11:55AM***	***12:15AM***
DINNER	Ramen Bar	Hashbrows	Orange Chicken	Grilled Cheese	Egg Rolls	TaterTot Casserole	Chick Nuggets
	Noodles	Cheese Omelettes	Chow Mein noodles	Tomato Bisque	Fried-Rice w/Veggies	Fresh Fruit, Cereal Bar	tartar sauce
	Mush/Chic sauce	Scrambled Tofu	Rice	Salad Bar	Beans	Salad Bar	Curly Fries
	Corn	Stripples	Green Beans	Rice/Beans	Edamame	Steamed Veggie	short salad bar
	Peas	Fresh fruit, cereal bar	Mixed Steamed veggies		Cucumber/Dill Salad		check left over
	Fri chik	Belgium Waffles			Fresh Fruit, Cereal Bar		rice/bean soup
	Tofu	Cream of Wheat					Fresh Fruit, Cereal Bar
	Sliced Eggs						
	4:00pm	***5:00pm***	***5:00pm***	***5:00pm***	***5:00pm***	***5:00pm***	***5:00pm***