



OOLTEWAH ADVENTIST SCHOOL

LUNCH MENU

*Each quarter starts over with week 1 menu

WEEK 1

MON

Hot Dogs (V)
Chips
Fruit
Juice

TUE

Quesadilla
Doritos
Cucumbers
Fruit
Juice

WED

Black Beans & Rice (V)
Cheese Optional
Cornbread or
Fritos (V)
Fruit
Juice

THUR

Chick'n Sandwich (V)
Tots
Fruit
Juice

FRI

Pizza - 2 Slices
Salad
Cookie
Juice

WEEK 2

Veggie Burger
Chips
Fruit
Juice

Pancakes
Stripples
Fruit
Applesauce
Juice

Bean Burrito (V)
Cheese Optional
Tortilla Chips
Cheese dip or Salsa
Fruit
Juice

Chick'n Nuggets (V)
Carrots
Mashed Potatoes or
chips (V)
Fruit
Juice

Pizza - 2 Slices
Salad
Cookie
Juice

(v) = Vegan Option Available



Ingredients: Water, wheat gluten, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), egg whites, calcium caseinate, onion powder. Contains 2% or less of cornstarch, cooked onion and carrot juice concentrate, methylcellulose, natural flavor, salt, soy sauce (fermented soybeans, salt), soy protein isolate, sugar, garlic powder, spices, whey, yeast extract, xanthan gum, tomato paste (tomatoes).



Ingredients: Water, wheat flour, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), soy protein isolate. Contains 2% or less of methylcellulose, salt, wheat gluten, yellow corn flour, potato starch, natural flavors, maltodextrin, pea starch, potassium salt, wheat starch, yeast extract, sugar, rice flour, dextrose, spices, onion powder, paprika color, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), yeast, citric acid.



INGREDIENTS

enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, dextrose, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), soybean oil, salt, defatted soy flour, buttermilk, eggs, natural and artificial flavors.

Contains: Milk, Eggs, Wheat, Soy.

May Contain: Almonds, Pecans, Walnuts



Ingredients: Textured Vegetable Protein (Wheat Gluten, Soy Protein Concentrate, Water For Hydration), Corn Oil, Water, Torula Yeast. Contains 2% Or Less Of Mono- And Diglycerides From Soybean Oil, Defatted Soy Flour, Soy Lecithin, Hydrolyzed Soy Protein, L-lysine Monohydrochloride, Hydrolyzed Corn Protein, Onion Powder, Caramel Color, Natural Smoke Flavor, Garlic Powder, Corn Syrup, Propylene Glycol, Vitamins (Niacinamide, Calcium Pantothenate, Vitamin Bi [thiamin Mononitrate], Vitamin B6 [pyridoxine Hydrochloride], Vitamin B2 [riboflavin], Vitamin B12 [cyanocobalamin]), Red #3 For Color, Yellow #6 For Color. BRINE: Water, Salt

CONTAINS: Wheat and Soy.



Ingredients: Water, wheat flour, vegetable oil (corn, canola and/or sunflower), soy protein concentrate, soy protein isolate. Contains 2% or less of yellow corn flour, wheat gluten, dextrose, methylcellulose, yeast extract, cornstarch, sugar, potato starch, wheat starch, natural flavors, salt, spices, potassium salt, onion powder, paprika color, leavening (sodium acid pyrophosphate, sodium bicarbonate), yeast, garlic powder, citric acid, xanthan gum, barley malt extract.



INGREDIENTS: IDAHO® POTATOES, SALT, SUNFLOWER OIL, NONFAT DRY MILK, MONOGLYCERIDES, CALCIUM STEAROYL LACTYLATE, SPICE, ARTIFICIAL COLOR, ARTIFICIAL FLAVOR. FRESHNESS PRESERVED BY SODIUM ACID PYROPHOSPHATE, SODIUM BISULFITE, CITRIC ACID, AND MIXED TOCOPHEROLS.

**CONTAINS: MILK.
GLUTEN FREE**