



OOLTEWAH ADVENTIST SCHOOL

# LUNCH MENU

AUGUST 16 - OCTOBER 06

## WEEK 1

## WEEK 2

**MON**

Hot Dogs (V)  
Chips  
Fruit  
Juice

Veggie Burger  
Chips  
Fruit  
Juice

**TUE**

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

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

**WED**

Grilled Cheese Sandwich  
Chips  
Carrots  
Fruit  
Juice

Pancakes  
Stripples  
Fruit  
Applesauce  
Juice

**THUR**

Chick'n Sandwich (V)  
Tots  
Fruit  
Juice

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

**FRI**

Pizza - 2 Slices  
Salad  
Cookie  
Juice

Pizza - 2 Slices  
Salad  
Cookie  
Juice



**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.

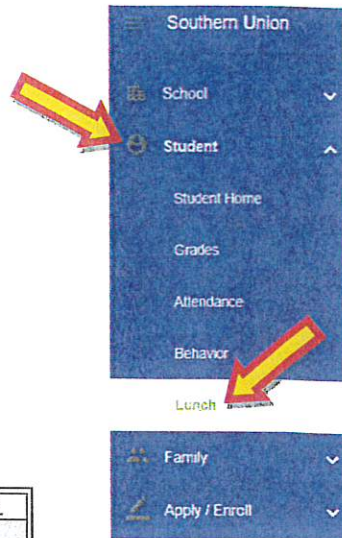


**INGREDIENTS:** IDAHO® POTATOES, SALT, SUNFLOWER OIL, NONFAT DRY MILK, MONOGLYCERIDES, CALCIUM STEAROYL LACTYLATE, SPICE, ARTIFICIAL COLOR, ARTIFICIAL FLAVOR. FRESHNESS PRESERVED BY SODIUM ACID PYROPHOSPHATE, SODIUM BISULFITE, CITRIC ACID, AND MIXED TOCOPHEROLS.

**CONTAINS: MILK.  
GLUTEN FREE**

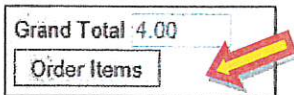
# OAKS Online Lunch Ordering Step-by-Step

1. Log in to your Family Portal account.
2. Open the [Student](#) tab and then select [Lunch](#).
3. Near the top left, click the [Create Web Order](#) button.
4. Scroll to the day you would like to order hot lunch.  
(Note: If you have multiple children, they will be listed alphabetically, so make sure you are under the child you would like to order for.) Enter the quantity for each item you wish to purchase. Remember to select toppings and sides.



LUNCH ITEM	PRICE	QTY	TOTAL
<b>Lunch Items for Friday 09/18/2020</b>			
Pizza Meal	4.50	1	4.50
Salad	0.00	1	0.00
NO Dressing	0.00	0	0.00
Italian Dressing	0.00	0	0.00
Ranch Dressing	0.00	1	0.00
Juice	0.00	1	0.00
NO Cookie	0.00	0	0.00
Extra Cookie	0.25	0	0.00
Extra Slice of Pizza	1.00	0	0.00
Sub Total for Friday 09/18/2020			4.50

5. Scroll to the very bottom to complete your order.



6. A new screen will come up that says, "Lunch Orders Created." The amount will be placed on your account to be paid for at the end of the month.
7. If you click the Lunch tab again, the lunch calendar will show the items ordered in [Blue](#).

