



# JANUARY | 2025

## Oakwood & Paulding Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1 <b>NO SCHOOL</b> (Christmas Break)	2 <b>NO SCHOOL</b> (Christmas Break)	3 <b>NO SCHOOL</b> (Christmas Break)
6 CHICKEN TENDERS 16g GOLDFISH CRACKERS 14g FRENCH FRIES 18g FRESH CARROTS & BROCCOLI FRUIT & MILK  *BBQ SAUCE, KETCHUP	7 MINI CORN DOGS 28g BAKED BEANS 29g FRESH TOMATOES & CELERY FRUIT & MILK  *KETCHUP, MUSTARD	8 RAVIOLI W/MARINARA 20g BREADSTICK 13g CALIFORNIA BLEND 3g FRESH CARROTS & CAULIFLOWER FRUIT & MILK	9 <b>PANTHER LUNCHABLE</b> TURKEY COINS & STRING CHEESE 0g SUN CHIPS 19g GLAZED CARROTS 10g FRESH BROCCOLI & CELERY FRUIT & MILK	10 PIZZA CRUNCHERS 31g STEAMED BROCCOLI 5g with CHEESE SAUCE *optional 2g FRESH TOMATOES & CUCUMBERS FRUIT & MILK
13 CHICKEN NUGGETS 13g MASHED POTATOES 15g W/GRAVY *optional 6g FRESH CARROTS & BROCCOLI FRUIT & MILK  *BBQ SAUCE	14 <b>NACHOS</b> TORTILLA CHIPS 24g TACO MEAT 3g CHEESE SAUCE 2g REFRIED BEANS 28g FRESH TOMATOES & CELERY FRUIT & MILK  *TACO SAUCE OR SALSA	15 PANCAKES 35g SAUSAGE LINKS 0g SMILE POTATOES 20g FRESH CARROTS & CAULIFLOWER FRUIT & MILK  *SYRUP, KETCHUP	16 GRILLED CHEESE 27g TOMATO SOUP 27g FRESH BROCCOLI & CELERY FRUIT & MILK	17 FRENCH BREAD PIZZA 23g CAESAR SALAD 5g with CROUTONS 5g FRESH TOMATOES & CUCUMBERS FRUIT & MILK
20 <b>NO SCHOOL</b> (MLK Day)	21 CHEESE QUESADILLAS 31g GLAZED CARROTS 10g FRESH TOMATOES & CELERY FRUIT & MILK  *TACO SAUCE OR SALSA	22 MAX STICKS 30g CALIFORNIA BLEND 3g FRESH CARROTS & CAULIFLOWER FRUIT & MILK  *MARINARA SAUCE	23 HAMBURGER W/BUN 26g FRENCH FRIES 18g FRESH BROCCOLI & CELERY FRUIT & MILK  *KETCHUP, MUSTARD	24 CHEESY BREAD 27g STEAMED BROCCOLI 5g with CHEESE SAUCE *optional 2g FRESH TOMATOES & CUCUMBERS FRUIT & MILK  *MARINARA SAUCE
27 POPCORN CHICKEN 10g CHEEZ-ITZ 14g MASHED POTATOES 15g W/GRAVY *optional 4g FRESH CARROTS & BROCCOLI FRUIT & MILK  *BBQ SAUCE	28 <b>TACO</b> SOFT SHELL TACO 17g REFRIED BEANS 23g FRESH TOMATOES & CELERY FRUIT & MILK  *TACO SAUCE OR SALSA	29 MOZZARELLA STICKS 27g GREEN BEANS 4g FRESH CARROTS & CAULIFLOWER FRUIT & MILK  *MARINARA SAUCE	30 SCRAMBLED EGGS 2g FRENCH TOAST 37g SWEET POTATO FRIES 25g FRESH BROCCOLI & CELERY FRUIT & MILK  *SYRUP	31 CHEESE OR PEPPERONI PIZZA 27g CAESAR SALAD 5g with CROUTONS 5g FRESH TOMATOES & CUCUMBERS FRUIT & MILK

### PARENT INFO

#### ELEMENTARY STUDENT PRICES:

Breakfast: FREE  
Full price lunch: \$2.65  
Reduced price lunch: \$0.40 FREE  
(waived for the 24-25 school year)  
Free lunch: FREE  
A la carte: \$0.60  
Extra main dish: \$1.55  
Extra fruit or veggie: \$0.55  
Milk only: \$0.55

\*STUDENTS MUST HAVE ADEQUATE MONEY ON THEIR ACCOUNT IN ORDER TO PURCHASE ANY OF THE ITEMS IN RED!

#### FRESH FRUIT & VEGGIES

A variety of fresh fruit and veggies are offered daily. Ranch dip is offered with fresh veggies and peanut butter is offered with celery, upon student request and availability.

#### BREAKFAST IN THE CLASSROOM

All students receive free breakfast, to eat in their classroom between 7:45-8:05 a.m. Eating a healthy breakfast improves behavior, test scores, and mental focus. If you have any questions or comments please email: [h\\_dangler@pauldingschools.org](mailto:h_dangler@pauldingschools.org)

Breakfast includes: 2 grains or 1 grain + 1 meat/meat alternative, 100% fruit juice and/or fruit, and milk. Any unopened items a student does not wish to eat is put into a share bag in their classroom. This allows another student the opportunity to have a second helping if they are still hungry.

Menu is subject to change. The average carb count for canned fruit = 19-22g per ½ cup serving and fruit juice averages 13g carbs. The average carb count for ½ cup fresh raw vegetables = 5.4g. White milk is 13g, chocolate milk is 24g and strawberry milk is 29g. We follow Offer vs. Serve policy. This institution is an equal opportunity provide.