

OCTOBER 2026

LUNCH - Oakwood & Paulding Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Panther Bowl

Popcorn Chicken 10g
Shredded Cheese 0g
Cheez-it Crackers 14g
Mashed Potatoes 15g & Corn 8g
w/Gravy 7g
Fresh Broccoli or Carrots
Fruit & Milk

12

Chicken Nuggets 13g
Mashed Potatoes 15g
W/Gravy (optional) 6g
Fresh Broccoli or Carrots
Fruit & Milk
*BBQ Sauce

19

Chicken Tenders 16g
Grahams 11g
Glazed Carrots 12g
Fresh Broccoli or Carrots
Fruit & Milk
*BBQ Sauce

26

Chicken Drumstick 10g
Carnival Cookie 18g
Northwest Veg Blend 7g
Fresh Broccoli or Carrots
Fruit & Milk

6

Breaded Chicken Sandwich 41g
Baked Beans 23g
Fresh Tomatoes or Celery
Fruit & Milk
*Mayo

13

Tangerine Chicken 17g
Fried Rice 27g
Fortune Cookie 3g
Normandy Veg Blend 3g
Fresh Tomatoes or Celery
Fruit & Milk

20

Breaded Beef Bites 13g
Cheez-it Crackers 14g
Wedge Fries 18g
Fresh Tomatoes or Celery
Fruit & Milk
*BBQ Sauce, Ketchup

27

Grilled Cheese Sandwich 26g
Smile Potatoes 25g
Fresh Tomatoes or Celery
Fruit & Milk
*Ketchup

7

Mac n' Cheese Bites 21g
Green Beans 4g
Fresh Broccoli or Cucumber
Fruit & Milk

14

Cheeseburger 2g
W/Bun 25g
French Fries 20g
Fresh Broccoli or Cucumber
Fruit & Milk
*Ketchup, Mustard

21

Hot Dog 1g
W/Bun 19g
Baked Beans 23g
Fresh Broccoli or Cucumber
Fruit & Milk
*Ketchup, Mustard

28

Cheese Quesadillas 31g
Refried Beans 25g
Fresh Broccoli or Cucumber
Fruit & Milk
*Taco Sauce or Salsa

1

Salisbury Steak 4g
Sweet Yeast Roll 32g
Mashed Potatoes 15g
W/Gravy (optional) 6g
Fresh Tomatoes or Carrots
Fruit & Milk

8

Pancakes 41g
Sausage Patties 2g
Hash Browns 15g
Fresh Tomatoes or Carrots
Fruit & Milk
*Syrup, Ketchup

15

Taco in a Bag
Taco Meat 3g
Shredded Cheese 1g
Doritos 20g
Refried Beans 28g
Fresh Tomatoes or Carrots
Fruit & Milk
*Taco Sauce or Salsa

22

Alfredo 16g
W/Shaved Steak 2g
Breadstick 13g
Green Beans 4g
Fresh Tomatoes or Carrots
Fruit & Milk

29

Turkey with Gravy 2g
Sweet Yeast Roll 32g
Mashed Potatoes 15g
W/Gravy (optional) 6g
Fresh Tomatoes or Carrots
Fruit & Milk

2

Bosco Sticks 36g
Caesar Salad 4.5g
W/Croutons (optional) 5g
Fresh Broccoli or Celery
Fruit & Milk
*Marinara Sauce

9

French Bread Pizza 23g
Steamed Broccoli 5g
W/Cheese (optional) 2g
Fresh Broccoli or Celery
Fruit & Milk

16

NO SCHOOL

23

NO SCHOOL
(P/T Conferences)

30

Bosco Sticks 36g
Caesar Salad 4.5g
W/Croutons (optional) 5g
Fresh Broccoli or Celery
Fruit & Milk
*Marinara Sauce

PARENT INFO

ELEMENTARY STUDENT PRICES:

Breakfast: FREE
Full price lunch: \$2.75
Reduced price lunch: \$0.40 FREE
(waived for the 26-27 school year)
Free lunch: FREE

A la carte: \$0.60

Extra main dish: \$1.70

Extra fruit or veggie: \$0.60

Milk only: \$0.60

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

ALTERNATE MEAL OPTION

* Available upon request, subject to availability

PBJ Uncrustable 33g
String Cheese 1g
Cheez-it Crackers 14g

*Includes fruit, veg, and milk

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.

ADD'L CARB COUNTS

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 12g, chocolate milk is 20g and strawberry milk is 19g.

Carb counts for sauces are as follows:

BBQ – 8g
Ketchup – 2g
Mayo – 1g
Mustard – 0g
Peanut Butter – 7g
Ranch – 2g
Salsa – 2g
Syrup – 30g
Taco Sauce – 1g

Menu is subject to change. We follow Offer vs. Serve policy. This institution is an equal opportunity provider.