

NOVEMBER | 2022



Oakwood & Paulding Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 FIESTADA PIZZA 28g with SALSA 3g REFRIED BEANS 23g BABY CARROTS FRUIT & MILK	2 GRILLED CHEESE SANDWICH 27g TOMATO SOUP 20g CELERY, CAULIFLOWER OR CUCUMBERS FRUIT & MILK	3 BREADED CHICKEN 9g with WG BUN 25g CALIFORNIA BLEND 3g GRAPE TOMATOES FRUIT & MILK	4 NO SCHOOL (PT Conferences)
7 CORN DOGS 27g BAKED BEANS 30g FRESH BROCCOLI FRUIT & MILK	8 CHEESEBURGER 3g with WG BUN 25g FRENCH FRIES 18g BABY CARROTS FRUIT & MILK	9 FRENCH BREAD PIZZA 23g with MARINARA SAUCE 3g CAESAR SIDE SALAD 4g with CROUTONS 5g CELERY, CAULIFLOWER OR CUCUMBERS FRUIT & MILK	10 CHICKEN DRUMSTICK 6g DINNER ROLL 12g GLAZED CARROTS 12g GRAPE TOMATOES FRUIT & MILK	11 PBJ UNCRUSTABLE 32g STRING CHEESE 0g CHEEZ-ITS 14g GREEN BEANS 4g BABY CARROTS FRUIT & MILK
14 PULLED PORK 16g with WG BUN 25g MIXED VEGGIES 8g FRESH BROCCOLI FRUIT & MILK	15 CHEESY BREAD 27g with MARINARA SAUCE 3g STEAMED BROCCOLI 5g with CHEESE SAUCE *optional* 3g BABY CARROTS FRUIT & MILK	16 PANCAKES 36g SAUSAGE PATTIES 0g HASH BROWNS 32g CELERY, CAULIFLOWER OR CUCUMBERS FRUIT & MILK	17 MOZZARELLA STICKS 28g with MARINARA SAUCE 3g GOLDRUSH JUICE 10g GRAPE TOMATOES FRUIT & MILK	18 HOT DOG 1g with WG BUN 30g BAKED BEANS 30g BABY CARROTS FRUIT & MILK
21 CHICKEN NUGGETS 16g MASHED POTATOES 20g with WHITE GRAVY 6g FRESH BROCCOLI FRUIT & MILK	22 STUFFED CRUST PIZZA 36g CAESAR SIDE SALAD 4g with CROUTONS 5g BABY CARROTS FRUIT & MILK	23 NO SCHOOL (Thanksgiving Break)	24 NO SCHOOL (Thanksgiving Break)	25 NO SCHOOL (Thanksgiving Break)
28 ROTINI with MEAT SAUCE 12g BREADSTICK 14g GREEN BEANS 4g FRESH BROCCOLI FRUIT & MILK	29 CHEESEBURGER 3g with WG BUN 25g FRENCH FRIES 18g BABY CARROTS FRUIT & MILK	30 FRENCH BREAD PIZZA 23g with MARINARA SAUCE 3g STEAMED BROCCOLI 5g with CHEESE SAUCE *optional* 3g CELERY, CAULIFLOWER OR CUCUMBERS FRUIT & MILK	1 	2

PARENT INFO

*School lunches have returned to regular pricing for the 2022-2023 school year and are **no longer free for all**. Prices can be found on the PEVS website. If you feel your family is eligible for free or reduced meals, please fill out an application in final forms!

FRESH FRUIT & VEGGIES

A variety of fresh veggies with ranch will be offered daily, along with many fresh fruit options.

BREAKFAST IN THE CLASSROOM

All elementary students receive free breakfast, to eat in their classroom. Eating a healthy breakfast improves behavior, test scores and mental focus. If you have any questions or comments please email: 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 provider.