

August 2009

Arbor Management, Inc.



**AURORA WEST SCHOOL DISTRICT 129  
BREAKFAST MENU**



Mon

Tue

Wed

Thu

Fri

Arbor Management welcomes you back to school!  
Free ice cream cup on the 19th!

Win a chance to win cool prizes when you eat lunch every day the week of August 24th!

<b>19</b>	<b>20</b>	<b>21</b>	Cal	xxx
POP TART CEREAL CHOICE CHILLED APPLE JUICE MILK	BERRY YOGURT GOLDFISH CRACKERS BANANA 1/2 MILK	STRING CHEES CEREAL CHOICE GRAPE JUICE MILK	T. fat	xxx
			S. fat	xxx
			Carb	xxx
			Prtn	xxx
			Iron	xxx
			Calc	xxx
			Vit A	xxx
			Vit C	xxx

<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	Cal	xxx
POP TART CEREAL CHOICE 100% FRUIT JUICE PUNCH MILK	OATMEAL TO GO BAR CEREAL CHOICE GREEN GRAPES MILK	BAGEL w/jelly CEREAL CHOICE APPLE JUICE MILK	SUPER DONUT CEREAL CHOICE ORANGE JUICE MILK	BISCUIT w/jelly CEREAL CHOICE APPLESAUCE CUP MILK	T. fat	xxx
					S. fat	xxx
					Carb	xxx
					Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx

<b>31</b>	<b>31</b>	Cal	xxx
STRING CHEESE WHEAT CRACKERS GRAPE JUICE MILK	All menus meet the USDA guidelines for grades k-12 for caloric and nutritional content. Each breakfast includes: fruit, breads & grains and milk.	T. fat	xxx
		S. fat	xxx
		Carb	xxx
		Prtn	xxx
		Iron	xxx
		Calc	xxx
		Vit A	xxx
		Vit C	xxx

**Questions about the menu?  
Call Kathy Carter, RD or Melissa Paulus, RD  
at 630/301-5533**

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, handicap or national origin. Any person who believes that he/she has been discriminated against in any USDA activity should write to the Secretary of Agriculture, Washington DC 20250.