

August 2009

Arbor Management, Inc.



# AURORA WEST SCHOOL DISTRICT 129 HIGH SCHOOL LUNCH MENU

Mon

Tue

Wed

Thu

Fri

Arbor Management welcomes you back to school!  
Free blue slushie on the 19th!

Win a chance to win a  
\$25 GIFT CARD  
when you eat lunch every  
day the week of August 24th!

**19**

CHICKEN PARMESAN  
w/pasta  
MIXED VEGGIES  
RED DELICIOUS APPLE  
FUDGESICLE

**20**

NACHO SUPREME  
w/Taco Meat &  
Cheese, pintos  
SPANISH RICE  
CHILLED  
APPLESAUCE

**21**

PIZZA DIPPERS  
w/Marinara Sauce  
GREEN BEANS  
PEACHES

Cal xxx  
T. fat xxx  
S. fat xxx  
Carb xxx  
Prtn xxx  
Iron xxx  
Calc xxx  
Vit A xxx  
Vit C xxx

**24**

SLOPPY JOE  
POTATO WEDGES  
CARROTEENIES  
w/ranch dip

**25**

FISH SANDWICH  
w/tarter sauce  
TATER TOTS  
CREAMY COLESLAW

**26**

BBQ \*RIB SANDWICH  
CORN ON THE COB  
BAKED BEANS  
CINNAMON  
APPLE SLICES

**27**

CHICKEN NUGGETS  
w/Hot Sauce  
MASHED  
POTATOES  
GREEN BEANS  
DINNER ROLL  
CAKE BITE

**28**

SPAGHETTI  
w/meatballs  
CRUSTY BREAD  
TOSSED SALAD  
w/dressing  
FRESH ORANGE  
WEDGES

Cal xxx  
T. fat xxx  
S. fat xxx  
Carb xxx  
Prtn xxx  
Iron xxx  
Calc xxx  
Vit A xxx  
Vit C xxx

**31**

NACHO SUPREME  
w/Taco Meat & Cheese,  
pintos  
SPANISH RICE  
CHILLED  
APPLESAUCE

Students are offered a variety of entrée choices to choose from each day, along with milk and bread/grain choices. All menus meet the USDA guidelines for grades 7-12 for caloric and nutritional content.

Cal xxx  
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.