

August 2009

Arbor Management, Inc.



AURORA WEST SCHOOL DISTRICT 129 MIDDLE SCHOOL LUNCH MENU

Mon

Tue

Wed

Thu

Fri

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



Win a chance to win an
pm4 & video player 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

Middle School 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.