



November 2009



**AURORA WEST SCHOOL DISTRICT 129
ELEMENTARY SCHOOL
BREAKFAST MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Whole Grain Pop Tart Assorted Cold Cereal 100% Fruit Juice Milk	3 Bagel w/ Cream Cheese Peaches Milk	4 Cheerio Bar Assorted Cold Cereal 100% Fruit Juice Milk	5 Super Donut Assorted Cold Cereal 100% Fruit Juice Milk	6 Teacher Institute No School	Cal 498 T. fat 11.6g S. fat 5.9g Carb 85.3g Prtn 13.5g Iron 5.4mg Calc 370mg Vit A 393re Vit C 21mg
9 Berry Yogurt Assorted Cold Cereal 100% Fruit Juice Milk	10 Apple Muffin Assorted Cold Cereal Pears Milk	11 Veterans Day No School	12 String Cheese & Crackers Assorted Cereal Sliced Peaches Milk	13 Super Donut Assorted Cold Cereal 100% Fruit Juice Milk	Cal 456 T. fat 12.3g S. fat 5.6g Carb 71.9g Prtn 14.9g Iron 6.7mg Calc 428mg Vit A 434re Vit C 35.5mg
16 Cheerio Bar Assorted Cold Cereal 100% Fruit Juice Milk	17 String Cheese & Crackers Assorted Cereal Red Apple Wedges Milk	18 Whole Grain Pop Tart Assorted Cold Cereal 100% Fruit Juice Milk	19 Bagel w/ Cream Cheese Pears Milk	20 Blueberry Muffin Assorted Cold Cereal 100% Fruit Juice Milk	Cal 446 T. fat 10g S. fat 4.9g Carb 75.2g Prtn 13.9g Iron 4.9mg Calc 407mg Vit A 337re Vit C 19.3mg
23 Super Donut Assorted Cold Cereal 100% Fruit Juice Milk	24 Cheerio Bar Assorted Cold Cereal 100% Fruit Juice Milk	25 No School Thanksgiving Break	26 Thanksgiving Day	27 No School Thanksgiving Break	Cal 484 T. fat 12.8g S. fat 4.9g Carb 78.7g Prtn 13.3g Iron 8.9mg Calc 506mg Vit A 497re Vit C 46.8mg
30 Whole Grain Pop Tart Assorted Cold Cereal 100% Fruit Juice Milk					Cal 490 T. fat 11.4g S. fat 6.4g Carb 85g Prtn 11.3g Iron 5.7mg Calc 293mg Vit A 431re Vit C 10mg

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.

Questions about the menu?

Call Kathy Carter, RD or Melissa Paulus, RD @ 630/301-5533