



**November 2009**



**AURORA WEST SCHOOL DISTRICT 129  
HIGH SCHOOL  
LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>2</b> Sloppy Joe Served w/Tostitos Scoops Green Beans Mixed Fruit Cup Dinner Roll Milk	<b>3</b> Corndogs Baked Beans Red Apple Goldfish Grahams Milk	<b>4</b> Green Chili Pork Enchiladas* Spanish Rice Corn Orange Wedges Milk	<b>5</b> <b>Parent Teacher            Conferences            Early Release</b>	<b>6</b> <b>Teacher            Institute Day            No School</b>	Cal 847 T. fat 22.2g S. fat 5.9g Carb 127.7g Prtn 25.9g Iron 5.6mg Calc 290mg Vit A 159re
<b>9</b> Hot Ham & cheese Green Beans Peaches Goldfish Pretzels Milk	<b>10</b> Chicken Fingers Potato Wedges Fresh Orange Smiles Animal Crackers Milk	<b>11</b> <b>Veterans Day            No school</b>	<b>12</b> Cheese Quesadillas w/Salsa Spanish Rice Shredded Lettuce Sliced Peaches Milk	<b>13</b> Corndog Nuggets Tater Tots Cinnamon Apple- sauce Dinner Roll Milk	Cal 768 T. fat 21.8g S. fat 7.1g Carb 115.4g Prtn 30.7g Iron 5mg Calc 469mg Vit A 275re Vit C 14.5mg
<b>16</b> Baked Rotini w/Meat Sauce & Mozzarella Cheese Soft Bread Stick Green Beans Diced Pears Milk	<b>17</b> Hot Dogs Baked Beans Tater Tots Pasta Salad Milk	<b>18</b> Roasted Pork * & Gravy Mashed Potato Dinner Roll Applesauce Goldfish Grahams Milk	<b>19</b> Meatball Sub w/Mozzarella Cheese Whole Kernel Corn Cinnamon Pears Pasta Salad Milk	<b>20</b> BBQ Rib Sandwich* Tater Tots Sliced Peaches Animal Cookies Milk	Cal 912 T. fat 26.3g S. fat 7.9g Carb 133.4g Prtn 37.6g Iron 6.1mg Calc 481mg Vit A 556 Vit C 34.9mg
<b>23</b> Macaroni & Cheese Dinner roll Garden Peas Chilled Fruit Cup Goldfish Pretzels Milk	<b>24</b> Pizza dippers w/Sauce Green Beans Cinnamon Pears Pasta Salad Milk	<b>25</b> <b>Thanksgiving            Break</b>	<b>26</b> <b>Thanksgiving            Day</b>	<b>27</b> <b>Thanksgiving            Break</b>	Cal 841 T. fat 21g S. fat 7.7g Carb 132g Prtn 33.3g Iron 6.1mg Calc 668mg Vit A 482re Vit C 111mg
<b>30</b> Chicken Fingers Potato Wedge Red Apple Animal Crackers Milk					Cal 764 T. fat 17.4g S. fat 4.7g Carb 119g Prtn 33.3g Iron 4.2mg Calc 301mg Vit A 167re Vit C 25.7mg

**\* CONTAINS  
PORK**

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**