



November 2009



**AURORA WEST SCHOOL DISTRICT 129
HOPE D. WALLS SCHOOL
LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Chicken Nuggets Soft roll Green Beans Chilled Fruit cup Milk	3 French toast Sticks w/Sausage & Syrup Applesauce Fruit Punch Milk	4 Beefy Mac w/Dinner Roll Diced Carrots Chilled Peaches Goldfish Grahams Milk	5 Parent Teacher Conferences Early Release	6 Teacher Institute No School	Cal 730 T. fat 23.2g S. fat 8.1g Carb 97.5g Prtn 35.5g Iron 5.3g Calc 631mg Vit A 766re
9 Cheese Pizza Green Beans Peaches Milk	10 Walking Tacos w/Taco Meat & Cheese Garden Peas Fresh Orange Smiles Milk	11 Veterans Day No School	12 Cheese Quesadilla w/Salsa Tater Tots Chilled Fruit Cup Milk	13 Cheeseburger Whole Kernel Corn Fresh Orange Smiles Animal Crackers Milk	Cal 624 T. fat 19g S. fat 6.5g Carb 85.2g Prtn 29g Iron 5.6mg Calc 471mg Vit A 449re Vit C 24.6mg
16 Nacho Supreme w/Taco Meat & Grated Cheese Garden Peas Sliced Peaches Milk	17 Chicken Nuggets Dinner Roll Carrots Pears Milk	18 Thanksgiving Feast Turkey & Gravy Soft roll Mashed Potatoes Seasoned Green Beans Fruit Punch	19 BBQ Rib Sandwich* Tater tots Chilled Applesauce Milk	20 Chicken Sandwich Mixed Veggies Fresh Orange Slices Pretzels Milk	Cal 715 T. fat 21.9g S. fat 7.3g Carb 102.8g Prtn 28.5g Iron 4.4mg Calc 466mg Vit A 414re Vit C 19.2mg
23 Hot Diggy Dog Baked Beans Peaches Milk	24 Corndog Tater Tots Diced Pears Cheddar goldfish Milk	25 Thanksgiving Break	26 Thanksgiving Day	27 Thanksgiving Break	Cal 613 T. fat 19.6g S. fat 6.1g Carb 80.9g Prtn 30.1g Iron 4.4mg Calc 491mg Vit A 430re Vit C 24.2mg
30 Cheese Pizza Seasoned Green Beans Chilled Peaches Milk					Cal 644 T. fat 19g S. fat 6.8g Carb 92.5g Prtn 28.1g Iron 4.2mg Calc 375mg Vit A 192re Vit C 16.4mg

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