



**November 2009**



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>2</b> Sloppy Joe Served w/Tostitos Scoops w/Wheat Bread Slice Green Beans Chilled Fruit Cup Milk	<b>3</b> French toast Sticks W/Sausage 7 Syrup Tater Tots Applesauce Milk	<b>4</b> Green Chili Pork Enchiladas Spanish Rice Corn Orange Wedges Milk	<b>5</b> <b>Parent Teachers Conferences Early Release</b>	<b>6</b> <b>Teacher Institute  No School</b>	Cal 754 T. fat 23.7g S. fat 7.7g Carb 107.2g Prtn 28.3g Iron 4mg Calc 351mg Vit A 236re
<b>9</b> Hot Ham & Cheese Green Beans Chilled Peaches Goldfish Pretzels Milk	<b>10</b> Chicken Fingers Potato Wedges Red Apple Animal Crackers Milk	<b>11</b> <b>Veterans Day No School</b>	<b>12</b> Cheese Quesadilla w/Salsa Spanish rice Shredded Lettuce Sliced Pears Milk	<b>13</b> Beefy Mac w/Dinner Roll Diced Carrots Cinnamon Apple- sauce Milk	Cal 793 T. fat 18.9g S. fat 6.6g Carb 124.7g Prtn 34g Iron 6mg Calc 490mg Vit A 566re Vit C 18.8mg
<b>16</b> Nacho Supreme w/Taco Meat & Grated Cheese Lettuce cup Orange Wedges Milk	<b>17</b> Baked Rotini w/ Meat Sauce & Cheese Soft Bread Stick Green Beans Diced Pears Milk	<b>18</b> Roasted Pork * w/ Gravy & Dinner Roll Mashed Potato Half Red Apple Milk	<b>19</b> BBQ Rib Sandwich * Whole Kernel Corn Sliced Peaches Animal Cookies Milk	<b>20</b> Macaroni & cheese Dinner Roll Tater Tots Chilled Fruit Cup Milk	Cal 778 T. fat 22.8g S. fat 4.8g Carb 110.5g Prtn 33.4g Iron 4.7mg Calc 451.6mg Vit A 322re Vit C 25.7mg
<b>23</b> Pizza Dippers w/ Sauce Carroteenies w/ Ranch Fruit Cocktail Goldfish Pretzels Milk	<b>24</b> Corn Dog Potato Wedges Red Apple Milk	<b>25</b> <b>Thanksgiving Break</b>	<b>26</b> <b>Thanksgiving Day</b>	<b>27</b> <b>Thanksgiving Break</b>	Cal 780 T. fat 26.8g S. fat 9.9g Carb 105.6g Prtn 34.9g Iron 6.1mg Calc 454.4mg Vit A 609re Vit C 22.8mg
<b>30</b> Walking Tacos w/Taco Meat & Cheese Shredded Lettuce Applesauce Milk					Cal 653 T. fat 20.7g S. fat 6.7g Carb 89.4g Prtn 30.8g Iron 4.1mg Calc 484mg Vit A 417re Vit C 20.4mg

**\* 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**