



November 2009



**AURORA WEST SCHOOL DISTRICT 129
SNACK MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 String Cheese Apple Juice	3 VANILLA COOKIE- BEARS MILK	4 CHEDDAR GOLDFISH FRUIT PUNCH	5 PARENT TEACHER CONFERENCES EARLY RELEASE	6 TEACHER INSTITUTE NO SCHOOL	Cal 197 T. fat 4.7 S. fat 1.9g Carb 31g Prtn 7g Iron .5mg Calc 163mg Vit A 61re Vit C .6mg
9 Chocolate Bear Grahams Milk	10 Goldfish Pretzels Apple-Cherry Juice	11 VETERANS DAY NO SCHOOL	12 ANIMAL COOKIES MILK	13 STRING CHEESE 100% FRUIT JUICE	Cal 177 T. fat 3.5g S. fat 1.4g Carb 30.7g Prtn 5.5g Iron 1.1mg Calc 132mg Vit A 46 Vit C 5.1mg
16 FUN SIZE FRITOS CHILLED FRUIT PUNCH	17 LITTLE BEAR CRACKERS MILK	18 CHEDDAR GOLDFISH 100% APPLE JUICE	19 STRAWBERRY WAFFLE GRAHAMS MILK	20 Mini Pretzels 100% Fruit Juice	Cal 178 T. fat 4g S. fat 1g Carb 30.6g Prtn 4.9g Iron .8mg Calc 119.7mg Vit A 58re Vit C 4.4mg
23 STRING CHEESE APPLE-CHERRY JUICE	24 GOLDFISH GRA- HAMS MILK	25 Thanksgiving Break	26 Thanksgiving Day	27 THANKSGIVING BREAK	Cal 201 T. fat 5.8g S. fat 2.8g Carb 27.9g Prtn 9.1g Iron .8mg Calc 264.7mg Vit A 92re Vit C .9mg
30 Animal Cookies Milk					Cal 272 T. fat 4.6g S. fat 1.6g Carb 46.9g Prtn 10.1g Iron 1.5mg Calc 102mg Vit A 289.3mg Vit C 1.7mg



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