



**November 2009**



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>2</b> Sloppy Joe Served w/Tostitos Scoops Or Chicken Nuggets w/Wheat Bread Slice Green Beans Chilled Fruit Cup Milk	<b>3</b> Cheeseburger or French Toast Sticks w/Sausage & Syrup Tater Tots Applesauce Milk	<b>4</b> Beefy Mac w/Dinner Roll Or Corndog Nuggets Diced Carrots Chilled Peaches Goldfish Grahams Milk	<b>5</b> <b>Parent Teacher            Conferences            Early Release</b>	<b>6</b> <b>Teacher            Institute            No School</b>	Cal 712 T. fat 18.9g S. fat 5.4g Carb 109.3g Prtn 27.5g Iron 4.3mg Calc 381mg Vit A 562re
<b>9</b> Cheese Pizza Or Crispy Chicken Salad w/Dinner Roll Green Beans Peaches Milk	<b>10</b> Walking Tacos w/Taco Meat & Cheese Or Tuna Sandwich Shredded Lettuce Fresh Orange Smiles Milk	<b>11</b> <b>Veterans Day            No School</b>	<b>12</b> Chicken Sandwich Or Cheese Quesadilla w/Salsa Shredded Lettuce Tater Tots Milk	<b>13</b> Thanksgiving Feast Turkey & Gravy Stuffing & Roll Mashed Potatoes Seasoned Green Beans Cinnamon Applesauce	Cal 683 T. fat 22.5g S. fat 6.3g Carb 90.7g Prtn 31.6g Iron 4.2mg Calc 408mg Vit A 372 Vit C 40.1mg
<b>16</b> Nacho Supreme W/Taco Meat & Grated Cheese Or American Sub Lettuce Cup Sliced Peaches Milk	<b>17</b> Baked Rotini w/Meat Sauce & Cheese Or Chicken Nuggets Dinner Roll Green Beans Pears & Milk	<b>18</b> Roasted Pork* w/Gravy & Roll or Toasted Cheese Sandwich Mashed Potato Half Red Apple Animal Cookies Milk	<b>19</b> Cheese Pizza or BBQ Rib Sandwich* Carroteenies w/Dip Tater Tots Milk	<b>20</b> Chicken Sandwich Or Macaroni & Cheese Green Beans Fresh Orange Slices Pretzels Milk	Cal 653 T. fat 20.7g S. fat 6.7g Carb 89.4g Prtn 30.4g Iron 4.1mg Calc 484mg Vit A 417re Vit C 20.4mg
<b>23</b> Pizza Dippers w/Sauce or Hot Diggity Dog Baked Beans Peaches Milk	<b>24</b> Cheeseburger Or Corndog Tater Tots Whole Kernel Corn Cheddar Goldfish Milk	<b>25</b> <b>Thanksgiving            Break            No School</b>	<b>26</b> <b>Thanksgiving            Day</b>	<b>27</b> <b>Thanksgiving            Break            No School</b>	Cal 810 T. fat 27.5g S. fat 10.3g Carb 112.2g Prtn 32.2g Iron 5mg Calc 487mg Vit A 351re Vit C 15mg
<b>30</b> Walking Tacos w/Taco Meat & Cheese Or Tuna Sandwich Whole Kernel Corn Fresh Orange Smiles Milk				<b>* CONTAINS            PORK</b>	Cal 566 T. fat 25.9g S. fat 5.4g Carb 56.6g Prtn 28.2g Iron 2.7mg Calc 563mg Vit A 369re Vit C 34.8mg

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**