




OCTOBER 2009

AURORA WEST SCHOOL DISTRICT 129 BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1	2	1	2	Cal 572 T. fat 15.5gm S. fat 7.1gm Carb 91.4gm Prtn 16.1gm Iron 7.8gm Calc 409mg Vit A 512re Vit C 36.9mg
	Breakfast is 75¢		BAGEL w/Cream Cheese & Jelly ASSORTED COLD CEREAL 100% FRUIT JUICE PUNCH	SUPER DONUT ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	
5	6	7	8	9	Cal 442 T. fat 10.6gm S. fat 5.2gm Carb 74.5gm Prtn 13.5gm Iron 5.6mg Calc 403mg Vit A 378re Vit C 22mg
STRING CHEESE WHEAT CRACKERS ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	BANANA MUFFIN ASSORTED COLD CEREAL CHILLED APPLESAUCE MILK	OATMEAL RAISIN BAR ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	TRIX YOGURT CUP ASSORTED COLD CEREAL BANANA 1/2 MILK	WHOLE GRAIN POP TART ASSORTED COLD CEREAL DICED PEARS MILK	
12	13	14	15	16	Cal 437 T. fat 12gm S. fat 5.6gm Carb 68.1gm Prtn 14.6gm Iron 6.9mg Calc 459mg Vit A 429re Vit C 28.4mg
 COLUMBUS DAY	STRAWBERRY CREAM CHEESE FILLED SOFT PRETZEL CEREAL CHOICE 100% FRUIT JUICE PUNCH MILK	STRING CHEESE WHEAT CRACKERS ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	SUPER DONUT ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	OATMEAL RAISIN BAR ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	
19	20	21	22	23	Cal 452 T. fat 10.3gm S. fat 5.2gm Carb 79.1gm Prtn 12.8gm Iron 5.7mg Calc 360mg Vit A 373re Vit C 17.1mg
WHOLE GRAIN POP TART ASSORTED COLD CEREAL DICED PEARS MILK	TRIX YOGURT CUP ASSORTED COLD CEREAL BANANA 1/2 MILK	BLUEBERRY MUFFIN ASSORTED COLD CEREAL APPLE JUICE MILK	CHEERIOS CEREAL BAR 1/2 BAGEL w/jelly ORANGE JUICE MILK	STRAWBERRY CREAM CHEESE FILLED SOFT PRETZEL CEREAL CHOICE 100% FRUIT JUICE PUNCH	
26	27	28	29	30	Cal 432 T. fat 11.2gm S. fat 5.4gm Carb 69.8gm Prtn 13.7gm Iron 6.6mg Calc 440mg Vit A 434re Vit C 5.8mg
OATMEAL RAISIN BAR ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	SUPER DONUT ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	TRIX YOGURT CUP ASSORTED COLD CEREAL BANANA 1/2 MILK	WHOLE GRAIN POP TART ASSORTED COLD CE- REAL DICED PEARS MILK	SPOOKY STRING CHEESE WEIRD WHEAT CRACKERS JUICE OF NEWT (JUICE) WITCHES BREW (MILK)	

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