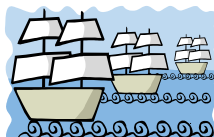



OCTOBER 2009



AURORA WEST SCHOOL DISTRICT 129 HOPE WALL SCHOOL LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 SOFT TACOS w/Taco Meat & Cheese SHREDDED LETTUCE MANDARIN ORANGES MILK	2 CHEESE PIZZA SEASONED GREEN BEANS CHILLED PEACHES MILK	Cal 616 T. fat 18.5gm S. fat 7.1gm Carb 79.8gm Prtn 32.5gm Iron 4mg Calc 647mg Vit A 374re Vit C 19.2mg
5 BEEF RAVIOLI w/ SOFT ROLL MIXED VEGGIES FRESH ORANGE SMILES GRAHAM CRACKERS MILK	6 MACARONI & CHEESE SEASONED GREEN BEANS APPLESAUCE MINI PRETZELS MILK	7 SALISBURY STEAK w/gravy MASHED POTATOES GARDEN PEAS CINNAMON APPLE SLICES DINNER ROLL	8 HOT DIGGITY DOG CARROTEENIES w/ DIP DICED PEARS CHOCOLATE CHIP COOKIE MILK	9 PIZZA DIPPERS w/Marinara Sauce GARDEN PEAS PINEAPPLE TIDBITS MILK	Cal 672 T. fat 18gm S. fat 6.6gm Carb 99.2gm Prtn 29gm Iron 7.1mg Calc 479mg Vit A 591re Vit C 26mg
12  COLUMBUS DAY	13 BBQ *RIB SANDWICH WHOLE KERNEL CORN DICED PEARS ANIMAL CRACKERS MILK	14 In-service PM 	15 CHEESEBURGER TATER TOTS MIXED FRUIT CUP MILK	16 CHEESE PIZZA SEASONED GREEN BEANS CHILLED PEACHES MILK	Cal 634 T. fat 20.3gm S. fat 8.3gm Carb 88.8gm Prtn 26.3gm Iron 3.4mg Calc 439mg Vit A 221re Vit C 6.5mg
19 SLOPPY JOE on BUN TATER TOTS PINEAPPLE TIDBITS MILK	20 SOFT TACOS w/Taco Meat & Cheese SHREDDED LETTUCE MANDARIN ORANGES MILK	21 CRUNCHY CORNDOG CARROT COINS APPLESAUCE MINI PRETZELS MILK	22 BEEF RAVIOLI w/ SOFT ROLL MIXED VEGGIES FRESH ORANGE SMILES GRAHAM CRACKERS MILK	23 MACARONI & CHEESE SEASONED GREEN BEANS APPLESAUCE MINI PRETZELS MILK	Cal 672 T. fat 19.3gm S. fat 7.6gm Carb 94.7gm Prtn 29.2gm Iron 5.4mg Calc 519mg Vit A 659re Vit C 21.8mg
26 CHEESEBURGER TATER TOTS FRESH RED APPLE MILK	27 NACHO SUPREME w/Taco Meat, Grated Cheese WHOLE KERNEL CORN FRESH ORANGE SMILES	28 CHEESE PIZZA SEASONED GREEN BEANS CHILLED PEACHES MILK	29 BBQ *RIB SANDWICH CORN OFF THE COB DICED PEARS ANIMAL CRACKERS MILK	30 HOT DOG CARROTEENIES w/ DIP APPLESAUCE CHOCOLATE CHIP COOKIE MILK	Cal 720 T. fat 23.2gm S. fat 8g Carb 102gm Prtn 28.7gm Iron 5.7mg Calc 415mg Vit A 391re Vit C 13.6mg

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