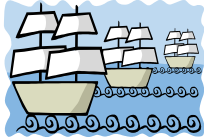




# OCTOBER 2009

## AURORA WEST SCHOOL DISTRICT 129 SNACK MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	<b>1</b>	<b>2</b>	<b>1</b>	<b>2</b>	Cal	206
			ANIMAL CRACKERS MILK	CHEESE STICK APPLE JUICE	T. fat	4.8gm
					S. fat	2.3gm
					Carb	30.9gm
					Prtn	9.1gm
					Iron	.8mg
					Calc	225mg
					Vit A	92re
					Vit C	.9mg
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	Cal	152
STRAWBERRY WAFFLE GRAHAMS PINEAPPLE JUICE	CHEDDAR GOLDFISH GRAPE JUICE	CARROTEENIES RANCH DRESSING 100% FRUIT JUICE PUNCH	ANIMAL CRACKERS APPLE JUICE	ORANGE WEDGES MILK	T. fat	3.1gm
					S. fat	.4gm
					Carb	28.7gm
					Prtn	1.6gm
					Iron	.7mg
					Calc	3.3mg
					Vit A	120re
					Vit C	4.6mg
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	Cal	182
 <b>COLUMBUS DAY</b>	GOLDFISH GRAHAMS MILK	<b>In-service PM</b> 	LITTLE BEAR CRACKERS APPLE JUICE	GREEN GRAPES 100% FRUIT JUICE PUNCH	T. fat	3.7mg
					S. fat	1.3gm
					Carb	33gm
					Prtn	4gm
					Iron	1.2mg
					Calc	110mg
					Vit A	48re
					Vit C	1.8mg
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	Cal	146
LITTLE BEAR CRACKERS APPLE JUICE	GOLDFISH GRAHAMS APPLE JUICE	MINI PRETZEL TWISTS 100% FRUIT JUICE PUNCH	GREEN GRAPES APPLE JUICE	CARROTEENIES RANCH DRESSING 100% FRUIT JUICE PUNCH	T. fat	2.6mg
					S. fat	.6mg
					Carb	28.4mg
					Prtn	1.4mg
					Iron	.7mg
					Calc	10.4mg
					Vit A	120re
					Vit C	2.3mg
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	Cal	174
GOLDFISH CRACKERS GRAPE JUICE	CARROTEENIES RANCH DRESSING 100% FRUIT JUICE PUNCH	SMALL CHOCOLATE CHIP COOKIE MILK	MINI PRETZEL TWISTS PINEAPPLE JUICE	<b>SPECIAL HALLOWEEN TREAT MILK</b> 	T. fat	4.6gm
					S. fat	1.1gm
					Carb	30mg
					Prtn	3.1gm
					Iron	.7mg
					Calc	69mg
					Vit A	149re
					Vit C	2.7mg

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**