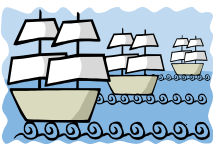



OCTOBER 2009

AURORA WEST SCHOOL DISTRICT 129 ELEMENTARY SCHOOL LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Lunch \$1.80 daily Milk .40		1 PIZZA DIPPERS w/Marinara Sauce OR TUNA SALAD WRAP CREAMY COLESLAW PINEAPPLE MILK	2 CHICKEN SANDWICH OR SPAGHETTI w/Meat Sauce & DINNER ROLL GREENBEANS MILK	Cal 658 T. fat 18.8g S. fat 5.8g Carb 94g Prtn 32g Iron 6mg Calc 455mg Vit A 795 RE Vit C 31mg
5 CHEESE PIZZA OR- CRISPY CHICKEN SALAD & DINNER ROLL KERNAL CORN RED APPLE HALF MILK	6 SOFT TACOS w/Taco Meat & Grated Cheese OR CHEESEBURGER SHREDDED LETTUCE ORANGE SMILES MILK	7 CHICKEN SANDWICH OR BEEF RAVIOLI w/Soft Roll CARROTEENIES & DIP DICED PEARS COOKIE MILK	8 FRENCH TOAST STICKS w/SRYUP & SAUSAGE CHICKEN NUGGETS & DINNER ROLL TATAR TOTS CHILLED FRUIT CUP MILK	9 MACORONI & CHEESE w/Wheat bread OR CORN DOG GREEN BEANS CHILLED PEACHES MINI PRETZELS MILK	Cal 675 T. fat 20.5g S. fat 6.7g Carb 95g Prtn 30g Iron 5mg Calc 5mg Vit A 384RE Vit C 14mg
12  COLUMBUS DAY	13 CHICKEN NUGGETS OR SLOPPY JOE GREEN BEANS APPLESAUCE MINI PRETZELS MILK	14 In-service PM 	15 CHICKEN SANDWICH OR SALSIBURY STEAK w/ Roll MASHED POTATO SHREDDED LETTUCE FRESH ORANGE GOLDFISH GRAHAMS MILK	16 PIZZA DIPPERS w/Marinara Sauce OR CORN DOG NUGGETS GARDEN PEAS PINEAPPLE MILK	Cal 660 T. fat 17.3g S. fat 5g Carb 97g Prtn 31g Iron 5mg Calc 404mg Vit A 242RE Vit C 34mg
19 FRENCH TOAST STICKS w/SRYUP & SAUSAGE OR CHEESEBURGER TATAR TOTS CINN. APPLESAUCE MINI PRETZELS MILK	20 NACHO SUPREME w/Taco Meat & Grated Cheese OR TUNA SANDWICH LETTUCE CUP FRUIT PUNCH MILK	21 BAKED ROTINI w/meat sauce BREAD STICK OR CHICKEN SANDWICH MIXED VEGGIES ORAGNE WEDGES MILK	22 BBQ RIB SANDWICH OR CORN DOG NUG- GETS GREEN BEANS CHILLED PEARS CHEDDAR GOLDFISH MILK	23 CHEESE PIZZA OR BEEF BURRITO w/Salsa CARROTEENIES w/DIP RED APPLE HALF MILK	Cal 683 T. fat 21g S. fat 6.4g Carb 97g Prtn 29g Iron 5mg Calc 411mg Vit A 558RE Vit C 15mg
26 CHICKEN NUGGETS OR SALSIBURY STEAK w/ Gravy MASHED POTATOES CHILLED FRUIT CUP GOLDFISH GRAHAMS MILK	27 MACORONI & CHEESE w/Wheat bread OR HAMBURGER GREEN BEANS APPLESAUCE MINI PRETELS MILK	28 PIZZA DIPPERS w/Marinara Sauce OR CHICKEN SAND- WICH CREAMY COLESLAW PINEAPPLE TIDBITS MILK	29 NACHO SUPREME w/Taco Meat & Grated Cheese OR AMERICAN SUB LETTUCE CUP ORANGE SMILES ANIMAL CRACKERS MILK	30 HOT DIGGY DOG OR TOASTED CHEESE SANDWICH TOMATO SOUP DICED PEARS MILK	Cal 693 T. fat 19.8g S. fat 6.5g Carb 101g Prtn 31g Iron 6mg Calc 471mg Vit A 315RE Vit C 28mg

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