



OCTOBER 2009

AURORA WEST SCHOOL DISTRICT 129 HIGH SCHOOL LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>A la carte items are available daily and meet the recommendations of the NSLP and the Districts wellness initiative.</p>		<p>Lunch \$2.00 Milk 40¢</p>	<p>1 Pizza Dippers w/Marinara Seasoned Green Beans Pineapple Tidbits</p>	<p>2 Turkey Mountain w/Mash Potatoes & Gravy Glazed Carrots</p>	<p>Cal 712 T. fat 19.3g S. fat 6.7g Carb 108g Prtn 28g Iron 5mg Calc 485mg Vit A 809RE Vit C 32mg</p>
	<p>5 Chicken Nuggets w/ BBQ Sauce Tatar Tots Wheat Bread Red Apple</p>		<p>6 Hot Ham & Cheese Coleslaw Chilled Fruit Punch</p>	<p>7 Beef Ravioli w/Marinara Mixed Veggies Dinner Roll Cinnamon Pears</p>	<p>8 Pulled Pork Sandwich Whole Kernel Corn Peach Cup</p>
<p>12  COLUMBUS DAY</p>	<p>13 Philly Cheese Steak Potato Wedges Carroteenies w/Ranch</p>	<p>14 In-service PM Early Dismissal</p>	<p>15 Chicken Parmesan Pasta Seasoned Green Beans Orange Slices</p>	<p>16 Salisbury Steak w/Mash Potatoes Carrots Coins Dinner Roll</p>	<p>Cal 883 T. fat 26.1g S. fat 9g Carb 124g Prtn 40g Iron 6mg Calc 495mg Vit A 784RE Vit C 59mg</p>
<p>19 Meatball Sub w/Mozzarella Cheese Garden Peas Diced Pears</p>	<p>20 Sweet & Sour Chicken Steamed Rice Mixed Veggies Mandarin Oranges Fortune Cookie</p>	<p>21 Baked Rotini w/Meat Sauce Garlic Bread Tossed Salad Fruit Punch</p>	<p>22 BBQ *Rib Sandwich Whole Kernel Corn Tatar Tots</p>	<p>23 Firey Chicken Fingers Potato Wedges Coleslaw</p>	<p>Cal 844 T. fat 28.8g S. fat 10.1g Carb 113g Prtn 33g Iron 5.5mg Calc 412mg Vit A 569RE Vit C 23mg</p>
<p>26 Crunchy Corn Dog Baked Beans Carroteenies w/Dip</p>	<p>27 Pizza Dippers w/Marinara Seasoned Green Beans Chilled Apple Juice</p>	<p>28 Beef Macaroni Bread Stick Tossed Salad Applesauce</p>	<p>29 Salisbury Steak w/Mash Potatoes & Gravy Carrots Coins Dinner Roll</p>	<p>30 Tossed Cheese Sandwich w/ Tomato Soup Tatar Tots</p>	<p>Cal 875 T. fat 29g S. fat 10.7g Carb 122g Prtn 32g Iron 6mg Calc 511mg Vit A 645RE Vit C 25mg</p>

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