



OCTOBER 2009

AURORA WEST SCHOOL DISTRICT 129 MIDDLE 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 \$1.90 Milk 40¢</p>	<p>1 Pizza Dippers w/Marinara Green Beans Pineapple Tidbits Dinner Roll</p>	<p>2 Nacho Supreme w/Taco Meat & Cheddar Cheese Lettuce Cup Spanish Rice Orange Wedges</p>	<p>Cal 827g T. fat 25.3g S. fat 7.2g Carb 121g Prtn 33g Iron 6.5mg Calc 522.8 Vit A 533RE Vit C 50mg</p>
<p>5 Chicken Nuggets w/BBQ Sauce Tatar Tots Wheat Bread Red Apple</p>	<p>6 Soft Taco w/ Taco Meat & Cheddar Cheese Lettuce Cup & Salsa Spanish Rice</p>	<p>7 Beef Ravioli w/Marinara Mixed Veggies Dinner Roll Cinnamon Pears</p>	<p>8 BBQ *Rib Sandwich Whole Kernel Corn Peach Cup</p>	<p>9 Macaroni & Cheese Wheat Bread Garden Peas Chilled Fruit Punch</p>	<p>Cal 816 T. fat 23.2g S. fat 8.5g Carb 118g Prtn 35g Iron 5mg Calc 528mg Vit A 461RE Vit C 20mg</p>
<p>12  COLUMBUS DAY</p>	<p>13 Pizza Dippers w/Marinara Green Beans Pineapple Peaches</p>	<p>14 In-service PM </p>	<p>15 Corndog Nuggets Tater Tots Carroteenies w/ Dip</p>	<p>16 Beef Macaroni Bread Stick Tossed Salad Applesauce</p>	<p>Cal 838 T. fat 24.1g S. fat 8.7g Carb 124mg Prtn 33g Iron 6.5mg Calc 370mg Vit A 763RE Vit C 31g</p>
<p>19 Sweet & Sour Chicken Steamed Rice Mixed Veggies Mandarin Oranges Fortune Cookie</p>	<p>20 Nacho Supreme w/Taco Meat & Cheddar Cheese Lettuce Cup Spanish Rice Cinnamon Pears</p>	<p>21 Baked Rotini w/Meat Sauce Garlic Bread Tossed Salad Chilled 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 807 T. fat 25.1g S. fat 8.2g Carb 115g Prtn 32g Iron 6mg Calc 371mg Vit A 479RE Vit C 24mg</p>
<p>26 Crunchy Corndog Baked Beans Carroteenies w/ Ranch</p>	<p>27 Pizza Dippers w/Marinara Green Beans Chilled Apple Juice</p>	<p>28 Crunchy Corndog Chicken Alfredo Pasta Soft Bread Stick Sliced Carrots Tossed Salad</p>	<p>29 Soft Taco w/ Taco Meat & Cheddar Cheese Lettuce Cup & Salsa Spanish Rice Diced Pears</p>	<p>30 Tossed Cheese Sandwich w/ Tomato Soup Tatar Tots</p>	<p>Cal 870 T. fat 34.3g S. fat 13g Carb 107g Prtn 33g Iron 5.7mg Calc 575mg Vit A 664RE Vit C 14mg</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