


**SEPTEMBER 2009**



**AURORA WEST SCHOOL DISTRICT 129  
BREAKFAST MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	<b>1</b> BAGEL w/Cream Cheese & Jelly ASSORTED COLD CEREAL 100% FRUIT JUICE PUNCH	<b>2</b> TWIX YOGURT CUP ASSORTED COLD CEREAL BANANA 1/2 MILK	<b>3</b> NUTRI GRAIN BAR ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	<b>4</b> SUPER DONUT ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	Cal	xxx
					T. fat	xxx
					S. fat	xxx
					Carb	xxx
					Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
<b>7</b>	<b>8</b> STRING CHEESE WHEAT CRACKERS ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	<b>9</b> STRAWBERRY CREAM CHEESE FILLED SOFT PRETZEL CEREAL CHOICE 100% FRUIT JUICE PUNCH MILK	<b>10</b> WHOLE GRAIN POP TART ASSORTED COLD CEREAL DICED PEARS MILK	<b>11</b> OATMEAL RAISIN BAR ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	Cal	xxx
					T. fat	xxx
					S. fat	xxx
					Carb	xxx
					Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
<b>LABOR DAY NO SCHOOL</b>						
<b>14</b>	<b>15</b> BIG MUFFIN ASSORTED COLD CEREAL CHILLED APPLESAUCE MILK	<b>16</b> YOGURT ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	<b>17</b> SUPER DONUT ASSORTED COLD CEREAL ORANGE JUICE MILK	<b>18</b> STRAWBERRY CREAM CHEESE FILLED SOFT PRETZEL CEREAL CHOICE APPLE JUICE MILK	Cal	xxx
					T. fat	xxx
					S. fat	xxx
					Carb	xxx
					Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
<b>21</b>	<b>22</b> OATMEAL RAISIN BAR ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	<b>23</b> TWIX YOGURT ASSORTED COLD CEREAL 100% FRUIT JUICE MILK	<b>24</b> <b>School Improvement Day  No School</b>	<b>25</b> STRING CHEESE WHEAT CRACKERS ASSORTED COLD CEREAL MIXED FRUIT CUP MILK	Cal	xxx
					T. fat	xxx
					S. fat	xxx
					Carb	xxx
					Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
<b>28</b>	<b>29</b> STRAWBERRY CREAM CHEESE FILLED SOFT PRETZEL CEREAL CHOICE 100% JUICE MILK	<b>30</b> BERRY YOGURT GRAHAM CRACKERS ASSORTED COLD CEREAL 100% FRUIT PUNCH MILK			Cal	xxx
					T. fat	xxx
					S. fat	xxx
					Carb	xxx
					Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
						

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**