



SEPTEMBER 2009



**AURORA WEST SCHOOL DISTRICT 129
ELEMENTARY SCHOOL
LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	1 MAC & CHEESE OR CORNDOG SEASONED GREEN BEANS CHILLED PEACHES MINI PRETZELS MILK	2 NACHO SUPREME w/Taco Meat & Cheese, Salsa LETTUCE CUP FRESH ORANGE SMILES ANIMAL CRACKERS MILK	3 BAKED ROTINI w/Meat Sauce & Bread OR CHICKEN SANDWICH MIXED VEGGIES PINEAPPLE TIDBITS SOFT BREADSTICK MILK	4 CHEESE PIZZA OR CHEF SALAD w/Crunchy Breadsticks CARROTEENIES RED APPLE MILK	Cal T. fat S. fat Carb Prtn Iron Calc Vit A	xxx xxx xxx xxx xxx xxx xxx
7 LABOR DAY NO SCHOOL	8 CHICKEN NUGGETS OR SLOPPY JOE SEASONED GREEN BEANS CINNAMON APPLESAUCE MINI PRETZELS MILK	9 HOT DIGGITY DOG OR RAVIOLI w/Soft Roll CARROTEENIES DICED PEARS CHOCOLATE CHIP COOKIE	10 BEEF TACOS w/Taco Meat & Cheese OR AMERICAN SUBMARINE SHREDDED LETTUCE FRESH ORANGE SMILES MILK	11 PIZZA DIPPERS w/Marinara Sauce OR TUNA SALAD WRAP COLESLAW PINEAPPLE MILK	Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx
14 BBQ *RIB SANDWICH OR CRUNCHY CORNDOG WHOLE KERNEL CORN DICED PEARS ANIMAL CRACKERS MILK	15 NACHO SUPREME w/Taco Meat & Grated Cheese OR SUBMARINE LETTUCE CUP ORANGE SMILES GRAHAM CRACKERS	16 ROAST TURKEY w/Stuffing & Gravy OR SALISBURY STEAK MASHED POTATOES DINNER ROLL APPLE CRISP MILK	17 CHEESE PIZZA OR CHEF SALAD w/Crunchy Breadsticks CARROTEENIES PEACHES MILK	18 MACARONI & CHEESE OR CRUNCHY CORNDOG SEASONED GREEN BEANS RED APPLE MINI PRETZELS	Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx
21 CHICKEN NUGGETS OR SLOPPY JOE SEASONED GREEN BEANS CINNAMON APPLESAUCE MINI PRETZELS MILK	22 PIZZA DIPPERS w/Marinara Sauce OR CHICKEN SANDWICH CREAMY COLESLAW PINEAPPLE TIDBITS MILK	23 BEEF TACOS w/Taco Meat & Grated Cheese OR SUBMARINE SHREDDED LETTUCE FRESH ORANGE SMILES MILK	24 School Improvement Day No School	25 CHEESE PIZZA OR CORNDOG NUGGETS w/Crunchy Breadsticks CARROTEENIES RED APPLE SLICES MILK	Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx
28 CHEESEBURGER OR CHEESE QUESADILLA w/Salsa GREEN BEANS ORANGE SMILES MILK	29 BBQ *RIB SANDWICH OR CORNDOG NUGGETS CORN OFF THE COB DICED PEARS ANIMAL CRACKERS MILK	30 CHICKEN NUGGETS OR SLOPPY JOE SEASONED GREEN BEANS APPLESAUCE MINI PRETZELS MILK			Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx

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Questions about the menu?

Call Kathy Carter, RD or Melissa Paulus, RD @ 630/301-5533