



SEPTEMBER 2009



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	1 MAC & CHEESE WHEAT BREAD SEASONED GREEN BEANS CHILLED PEACHES CHOCOLATE CHIP COOKIE	2 CRUNCHY CORNDOG TATER TOTS BBQ BAKED BEANS PINEAPPLE FUN SIZE FRITOS	3 PIZZA DIPPERS w/marinara sauce TOSSED SALAD w/dressing DICED PEARS	4 FIREY CHICKEN FINGERS COOL CUCUMBER SLICES CHILLED APPLESAUCE	Cal T. fat S. fat Carb Prtn Iron Calc Vit A	xxx xxx xxx xxx xxx xxx xxx
7 LABOR DAY NO SCHOOL	8 BBQ *RIB SANDWICH WHOLE KERNEL CORN CREAMY COLESALW PEACH CUP * CONTAINS PORK	9 NACHOS SUPREME w/Taco Meat, Grated Cheese, Pinto Beans SPANISH RICE FRESH ORANGE WEDGES	10 CHICKEN NUGGETS w/HOT SAUCE MASHED POTATOES GREEN BEANS DINNER ROLL	11 BAKED ROTINI w/Meat Sauce GARLIC BREAD TOSSED SALAD w/dressing PINEAPPLE	Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx xxx
14 CHICKEN PARMESAN w/pasta WARM DINNER ROLL MIXED VEGGIES RED DELICIOUS APPLE	15 FIREY CHICKEN FINGERS COOL CUCUMBER SLICES CHILLED APPLESAUCE	16 ROAST TURKEY w/Stuffing & Gravy MASHED POTATOES GARDEN PEAS APPLE CRISP MILK	17 NACHOS SUPREME w/Taco Meat, Grated Cheese, Pinto Beans SPANISH RICE FRESH ORANGE WEDGES	18 MACARONI & CHEESE WHEAT BREAD SEASONED GREEN BEANS RED APPLE SMALL COOKIE	Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx xxx
21 GRILLED CHEESE W/TOMATO SOUP CUCUMBER SLICES w/ranch dressing DELICIOUS RED APPLE	22 NACHOS SUPREME w/Taco Meat, Grated Cheese, Pinto Beans SPANISH RICE CINNAMON APPLESAUCE	23 BAKED ROTINI w/Meat Sauce GARLIC BREAD TOSSED SALAD w/dressing PINEAPPLE TIDBITS	24 School Improvement Day No School	25 FIREY CHICKEN FINGERS POTATO WEDGES CHILLED CELERY STICKS APPLE SLICES	Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx xxx
28 SLOPPY JOE POTATO WEDGES CRUNCHY CARROTS FRUIT ICEE	29 SWEET & SOUR CHICKEN STEAMED RICE GARDEN PEAS MANDARIN ORANGES FORTUNE COOKIE	30 NACHOS SUPREME w/Taco Meat, Grated Cheese, Pinto Beans SPANISH RICE FRESH ORANGE WEDGES		* CONTAINS PORK	Cal T. fat S. fat Carb Prtn Iron Calc Vit A Vit C	xxx xxx xxx xxx xxx xxx xxx 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