



**SEPTEMBER 2009**



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

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