



SEPTEMBER 2009



**AURORA WEST SCHOOL DISTRICT 129
SNACK MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	1	2	3	4	Cal	xxx
	GREEN GRAPES	CARROTEENIES	ANIMAL CRACKERS	CHEESE STICK	T. fat	xxx
	APPLE JUICE	RANCH DRESSING	MILK	APPLE JUICE	S. fat	xxx
		100% FRUIT JUICE			Carb	xxx
		PUNCH			Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
7	8	9	10	11	Cal	xxx
	GOLDFISH	MINI PRETZEL	LITTLE BEAR	GREEN GRAPES	T. fat	xxx
	GRAHAMS	TWISTS	CRACKERS	100% FRUIT	S. fat	xxx
	MILK	PINEAPPLE JUICE	APPLE JUICE	JUICE PUNCH	Carb	xxx
					Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
LABOR DAY NO SCHOOL						
14	15	16	17	18	Cal	xxx
STRAWBERRY	CHEDDAR	CARROTEENIES	ANIMAL CRACKERS	ORANGE WEDGES	T. fat	xxx
WAFFLE	GOLDFISH	RANCH DRESSING	APPLE JUICE	MILK	S. fat	xxx
GRAHAMS	GRAPE JUICE	100% FRUIT JUICE			Carb	xxx
PINEAPPLE JUICE		PUNCH			Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
21	22	23	24	25	Cal	xxx
LITTLE BEAR	GOLDFISH	MINI PRETZEL	School	GOLDFISH	T. fat	xxx
CRACKERS	GRAHAMS	TWISTS	Improvement	CRACKERS	S. fat	xxx
APPLE JUICE	APPLE JUICE	100% FRUIT JUICE	Day	100% FRUIT	Carb	xxx
		PUNCH	No School	JUICE PUNCH	Prtn	xxx
					Iron	xxx
					Calc	xxx
					Vit A	xxx
					Vit C	xxx
28	29	30			Cal	xxx
STRAWBERRY	GOLDFISH	CARROTEENIES			T. fat	xxx
WAFFLE	CRACKERS	RANCH DRESSING			S. fat	xxx
GRAHAMS	GRAPE JUICE	100% FRUIT JUICE			Carb	xxx
MILK		PUNCH			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