






TWINSBURG WELLNESS – FEBRUARY 2014 – WILCOX & BISSELL MENU






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICES
<p>Breakfast now available daily. Click here for Breakfast Info and Menu</p>	<p style="text-align: center;">Fruit & Veggie Patrol</p> <p style="text-align: center;"> One time each month the Fruit and Veggie Patrol will be stopping by your school to try to catch you eating your fruits and vegetables. Watch for our rainbow tie dye shirts and remember bring and eat your fruits and vegetables at lunch. It doesn't matter if you pack or buy, if you're eating it, you will get a fun foam sticker or prize!</p>				<p>All lunches include a Fat-free Choc, Skim or 1% Milk Milk offered for .50 cents Prepay for 5 lunches for \$25.00. Reduced-price pre-paid lunches for \$2.00. Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</p>
<p>3 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4 OZ ORANGE JUICE</p>	<p>4 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS 4 ORANGE WEDGES</p>	<p>5 WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>6 4 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS – FUNSIZE RICE KRISPIE</p>	<p>7 NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: REFRIED BEANS W/ CHEESE BABY CARROTS w/ DIP PICK 1: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE</p>	<p>Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required. HealthierUS School</p>
<p>10 (3) FRENCH TOAST STIX w/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2:(2) POTATO TRIANGLES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>11 CHICKEN OR CHEESE QUESIDILLA WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BUTTERED CORN BABY CARROTS W/ DIP PICK 1: CANNED PEARS FRESH CANTALOUPE</p>	<p>12 TURKEY & GRAVY OVER NOODLES or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Berry & Lemon Swirl or Watermelon Frozen SORBET</p>	<p>13 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>14 VALENTINE'S DAY NO SCHOOL!</p>	<p>NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</p>
<p>17 PRESIDENTS' DAY NO SCHOOL!</p>	<p>18 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: SEASONED WEDGE FRIES ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS 4 ORANGE WEDGES</p>	<p>19 5 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: (2) POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>20 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: CRUNCHY CINNAMON CHICKPEA SNACK SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS – FUNSIZE RICE KRISPIE</p>	<p>21 Whole Wheat HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP PICK 1: SLICED STRAWBERRIES IN A CUP APPLE CRISP</p>	<p>Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.</p>
<p>24 (6) MINI PANCAKES W/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>25 CHICKEN SOFT TACO W/ LETTUCE AND CHEESE WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1: BUTTERED CORN BABY CARROTS W/ DIP PICK 1: CANNED PEARS FRESH CANTALOUPE</p>	<p>26 BAKED PENNE PASTA W/ MOZZARELLA (Whole Grain) or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: ROMAINE SALAD w/ DRSG BABY CARROTS W/ DIP PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP BONUS – FUNSIZE RICE KRISPIE</p>	<p>27 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>28 GRILLED CHEESE SANDWICH (W.W.) OR HOMEMADE SLOPPY JOE SANDWICH ON A WW BUN PICK 1 or 2: OVEN BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE BONUS FORTUNE COOKIE</p>	



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<p>Breakfast now available daily. Click here for Breakfast Info and Menu</p>	<p style="text-align: center;">Fruit & Veggie Patrol</p> <p style="text-align: center;"> One time each month the Fruit and Veggie Patrol will be stopping by your school to try to catch you eating your fruits and vegetables. Watch for our rainbow tie dye shirts and remember bring and eat your fruits and vegetables at lunch. It doesn't matter if you pack or buy, if you're eating it, you will get a fun foam sticker or prize!</p>				<p>All lunches include a Fat-free Choc, Skim or 1% Milk Milk offered for .50 cents Prepay for 5 lunches for 12.50 or 10 lunches for \$25.00. Reduced-price pre-paid lunches for \$2.00. Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</p>
<p>6 TEACHER WORK DAY NO SCHOOL!</p>	<p>7 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS FRESH CANTALOUPE</p>	<p>8 WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>9 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>10 NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: CRUNCHY CINNAMON CHICKPEA SNACK BABY CARROTS w/ DIP PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE</p>	<p>Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required. HealthierUS School</p>
<p>13 (3) FRENCH TOAST STIX W/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>14 W.W. SOFT OR CRUNCHY JUMBO TACO W/ TOPPINGS WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS FRESH CANTALOUPE</p>	<p>15 TURKEY HOT DOG ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: Oven Baked Curly Fries BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS Berry & Lemon Swirl Frozen 100% Juice Cups</p>	<p>16 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>17 Whole Wheat HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE</p>	<p>2014 TIGER WELLNESS WORKSHOP WHEN: Saturday, January 18th from 9am to noon WHERE: THS Commons </p>
<p>20 MARTIN LUTHER KING JR DAY NO SCHOOL!</p>	<p>21 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS FRESH CANTALOUPE</p>	<p>22 5 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>23 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: SWEET MASHED POTATOES W/ BROWN SUGAR AND MELTED MARSHMALLOWS SLICED CUKES W/ DIP PICK 1: STRAWBERRIES W/ TOPPING FRUIT PUNCH JELLO (100% JUICE)</p>	<p>24 NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: REFRIED BEANS W/ CHEESE BABY CARROTS w/ DIP PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE</p>	<p>Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.</p>
<p>27 (6) MINI PANCAKES W/ SYRUP with 1.5 oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>28 WW PASTA WITH 3 MEATBALLS AND A GARLIC BREADSTICK or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1: GREEN BEANS BABY CARROTS W/ DIP PICK 1: CANNED PEARS Watermelon Frozen 100% Juice Cups</p>	<p>29 TURKEY & GRAVY W/ ROLL or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: MASHED POTATOES BABY CARROTS W/ DIP PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>30 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>31 GRILLED CHEESE SANDWICH (W.W.) OR HOMEMADE SLOPPY JOE SANWICH ON A WW BUN PICK 1 or 2: OVEN BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE BONUS FORTUNE COOKIE</p>	