

3

MONDAY

PICK 1 or 2:(2) POTATO TRIANGLES

PICK 1: FLAVORED APPLESAUCE **4oz ORANGE JUICE** 

BABY CARROTS W/ DIP

TUESDAY

# TWINSBURG WELLNESS – MARCH 2014 – WILCOX & BISSELL MENU

THURSDAY

FRIDAY

**Breakfast Info** 

and Menu

WEDNESDAY



All lunches include a

(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	(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 4 ORANGE WEDGES	WHOLE GRAIN CORN DOG  or W.W. PEPPERONI OR CHEESE PIZZA  PICK 1: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP  PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP	4 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL OR W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: GREEN BEANS SLICED CLIKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES W/ DIP BONUS – FUNSIZE RICE KRISPIE	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	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. R educed- price pre-paid lunches for \$2.00. Breakfast available daily for \$1.5 full price, .30 reduced-price, and FREE for all approved free student
1()  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 4oz ORANGE JUICE	11 CHICKEN OR CHEESE QUESIDILLA WITH FUNSIZE DORITOS OF W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS FRESH CANTALOUPE	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 BLUE RASPBERRY SORBET	POPCORN CHICKEN W/W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see  PICK 1 or 2: LITTLE POWERHOUSE LENTILS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES W/ DIP	14  Whole Wheat HOT SOFT PRETZEL  W/ REAL NACIIO 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 CINNAMON APPLESAUCE	NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!
17 (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 4 oz ORANGE JUICE	POPCORN CHICKEN 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	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	20  W.W. CHICKEN PATTY SANDWICH  OF 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  BONUS – FUNSIZE RICE KRISPIE	21 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: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE BONUS FORTUNE COOKIE	Students must select minimum of 3 items to qualify as a reimbursable lunch! Students must take a least one fruit or vegetable.
24	25 26 27  SPRING BREAK – NO SCHOOL!  MARCH 24 <sup>TH</sup> -28TH			28	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
31  (3) FRENCH TOAST STIX W/ SYRUP  with 1.5 oz Slice of Fried Ham or WW. PEPPERONI OR CHEESE PIZZA PICK 1 or 2/(2) POTATO TRIANCIES  PICK 1 or 2/(2) POTATO TRIANCIES  with 1.5 oz Slice of Fried Ham by your school to try to catch you eating your fruits and vegetables. Watch for our rainbow tie dye shirts and remember				Breakfast now available daily. Click here for	

The USDA is an equal opportunity provider and employer.

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!



### TWINSBURG WELLNESS – APRIL 2014 – WILCOX & BISSELL MENU

Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.

**LUNCH PRICE: \$2.50** MONDAY **TUESDAY** WEDNESDAY **THURSDAY** FRIDAY All lunches include a Don't miss the 2014 (6) W.G. CHICKEN FRIES W.W. CHICKEN PATTY SANDWICH Whole Wheat HOT SOFT PRETZEL Fat-free Choc, Skim or 1% Milk **4 BBQ MEATBALLS** TigerFit Fun Run W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY Milk offered for .50 cents W/ MINI HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce Prepay for 5 lunches for 12.50 on Saturday, April OR HOMEMADE 100% BEEF HAMBURGER OR or W.W. PEPPERONI OR CHEESE PIZZA BREADSTICKS / sce PICK 1 or 2: CRUNCHY CINNAMON or 10 lunches for \$25.00. R educed-CHEESEBURGER ON A WW BUN PICK 1 or 2: GREEN BEANS 26<sup>th</sup> at 10am CHICKPEA SNACK PICK 1 or 2: FRESH STEAM BROCCOLI price pre-paid lunches for \$2.00. PICK 1 or 2: MASHED POTATOES / GRVY BABY CARROTS W/ DIP SLICED CUKES W/ DIP BABY CARROTS W/ DIP Breakfast available daily for \$1.50 ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS **REGISTRATION** PICK 1:: PEACHES full price, .30 reduced-price, and PICK 1: CANNED PEARS **BLUE RASPBERRY SORBET** PICK 1: SLICED STRAWBERRIES IN A CUP FRESH APPLE SLICES w/ DIP **4 ORANGE WEDGES** FREE for all approved free students. **INFO** (100% JUICE) CINNAMON APPLESAUCE **BONUS - FUNSIZE RICE KRISPIE** NEW MENU FEATURE 10 11 WHITE WHOLE GRAIN CHICKEN OR CHEESE QUESIDILLA WHOLE GRAIN CORN DOG POPCORN CHICKEN NACHOS W/ REAL NACHO **HIGHLIGHTING** WITH FUNSIZE DORITOS **BREAKFAST BAGEL** CHEESE SAUCE W/ W.W. MINI HOT SOFT PRETZEL **INDICATES** or W.W. PEPPERONI OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY (egg, cheese, bacon or sausage) OR HOMEMADE 100% BEEF HAMBURGER OR or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce or W.W. PEPPERONI OR CHEESE PIZZA CHEESEBURGER ON A WW BUN VEGETARIAN PICK 1: OVEN BAKED CURLY FRIES BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN PICK 1 or 2: REFRIED BEANS W/ CHEESE PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1 or 2: BBQ Baked Beans **ENTRÉE OPTION** BABY CARROTS w/ DIP BABY CARROTS w/ DIP BABY CARROTS W/ DIP SLICED CUKES W/ DIP PICK 1: PINEAPPLE CHUNKS PICK 1: CANNED PEARS THAT IS AVAILABLE PICK 1: SLICED STRAWBERRIES IN A CUP PICK 1: FLAVORED APPLESAUCE PICK 1: PEACHES Sliced Banana w/ CHOC. SYRUP **LUNCH BUNCH GRAPES** CINNAMON APPLESAUCE 4oz ORANGE JUICE FOR THE DAY! FRESH APPLE SLICES w/ DIP 17 18 16 26 TIGERFIT FUN RUN (3) FRENCH TOAST STIX W/ (6) W.G. CHICKEN FRIES **TURKEY & GRAVY W/ ROLL** 2014 TigerFit Fun Run W/ W.W.DINNER ROLL SYRUP or W.W. PEPPERONI OR CHEESE PIZZA **GOOD FRIDAY** with 1.5 oz Slice of Fried Ham or W.W. (2) HOMEMADE CHEESY PICK 1: MASHED POTATOES **NO SCHOOL!** or W.W. PEPPERONI OR CHEESE PIZZA BREADSTICKS / sce BABY CARROTS W/ DIP PICK 1 or 2:(2) POTATO TRIANGLES PICK 1: PINEAPPLE TIDBITS PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP NO SCHOOL! ROMAINE SALAD w/ DRSG Sliced Banana w/ CHOC. SYRUP Click on Tiger for PICK 1: CANNED PEARS **BONUS - GRIPZ W.W. CHOCOLATE CHIP** PICK 1: FLAVORED APPLESAUCE **4 ORANGE WEDGES GRAHAM COOKIES** registration info! 4oz ORANGE JUICE Our menus are planned 21 22. 25 24 by Registered Dietitian **5 WHOLE GRAIN MINI CORN** MEATBALL SUB W/ MOZZ ON GRILLED CHEESE SANDWICH POPCORN CHICKEN Mark Bindus and are A WW HOTDOG BUN DOGS (W.W.) W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY or W.W. PEPPERONI OR CHEESE PIZZA OR HOMEMADE SLOPPY JOE SANWICH certified by the USDA to or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce ON A WW BUN NO SCHOOL! PICK 1: (2) POTATO TRIANGLE meet or exceed the BREADSTICKS / sce PICK 1: GREEN BEANS PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1 or 2: BBQ Baked Beans highest standards BABY CARROTS W/ DIP ROMAINE SALAD w/ DRSG SLICED CUKES W/ DIP required. PICK 1: CANNED PEARS PICK 1: PINEAPPLE CHUNKS PICK 1: SLICED STRAWBERRIES IN A CUP PICK 1: PEACHES **LUNCH BUNCH GRAPES** Sliced Banana w/ CHOC, SYRUP CINNAMON APPLESAUCE FRESH APPLE SLICES w/ DIP HealthierUS School BONUS - FUNSIZE RICE KRISPIE **BONUS FORTUNE COOKIE** 

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### (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 4oz ORANGE JUICE 29

#### (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 4 ORANGE WEDGES 30

#### 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

BLUE RASPBERRY SORBET (100% JUICE)



## Fruit & Veggie Patrol

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!

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