TWINSBURG WELLNESS - NOVEMBER 2013 - WILCOX & BISSELL MENU LUNCH PRICE: WEDNESDAY MONDAY TUESDAY THURSDAY **FRIDAY** All lunches include a Breakfast now Fruit & Veggie Patrol Fat-free Choc. Skim or 1% Milk NACHOS W/ REAL NACHO CHEESE One time each month the Fruit and Veggie Patrol will be available daily. Milk offered for .50 cents SAUCE stopping by your school to try to catch you eating your fruits and Prepay for 5 lunches for 12.50 OR HOMEMADE 100% BEEF HAMBURGER OR Click here for CHEESEBURGER ON A WW BUN or 10 lunches for \$25.00. R educedvegetables. Watch for our rainbow tie dye shirts and remember PICK 1 or 2: REFRIED BEANS W/ CHEESE price pre-paid lunches for \$2.00. bring and eat your fruits and vegetables at lunch. It doesn't matter if you **Breakfast Info** BABY CARROTS w/ DIP Breakfast available daily for \$1.50 pack or buy, if you're eating it, you will get a fun foam sticker or prize! PICK 1: STRAWBERRIES W/ TOPPING full price, .30 reduced-price, and and Menu CINNAMON APPLESAUCE FREE for all approved free students. GOLDFISH GRILLED Our menus are (6) MINI PANCAKES W/ SYRUP **TURKEY HOT DOG** CHEESE SANDWICH (W.W.) POPCORN CHICKEN planned by with 1.5 oz Slice of Fried Ham ON A W.W. BUN W/ W.W. MINI HOT SOFT PRETZEL OR HOMEMADE 100% BEEF HAMBURGER OR **ELECTION DAY** or W.W. PEPPERONI OR CHEESE PIZZA or WHITE WHOLE WHEAT CHEESEBURGER ON A WW BUN Registered or W.W. (2) HOMEMADE CHEESY PEPPERONI OR CHEESE PIZZA PICK 1 or 2: 4 POTATO SMILES PICK 1 or 2: GREEN BEANS BREADSTICKS / sce **Dietitian Mark** BABY CARROTS w/ DIP ROMAINE SALAD w/ DRSG PICK 1 or 2: (2) POTATO TRIANGLES PICK 1 or 2: BBQ Baked Beans PICK 1: PINEAPPLE CHUNKS PICK 1: STRAWBERRIES W/ TOPPING BABY CARROTS W/ DIP Bindus and are NO SCHOOL! SLICED CUKES W/ DIP Sliced Banana w/ CHOC. SYRUP CINNAMON APPLESAUCE PICK 1: PEACHES certified by the PICK 1: FLAVORED APPLESAUCE **BONUS HOMEMADE CHOCOLATE RICE BONUS - FORTUNE COOKIE** FRESH APPLE SLICES w/ DIP KRISPIE TREAT MANDARIN ORANGES **USDA** to meet or exceed the highest 12 13 11 WHITE WHOLE GRAIN (6) W.G. CHICKEN FRIES 5 WHOLE GRAIN MINI CORN standards **MACARONI & CHEESE (W.W.)** NACHOS W/ REAL NACHO CHEESE W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREAKFAST BAGEL DOGS SAUCE required. or W.W. (2) HOMEMADE or W.W. PEPPERONI OR CHEESE PIZZA BREADSTICKS / sce OR HOMEMADE 100% BEEF HAMBURGER OR (egg, cheese, bacon or sausage) PICK 1 or 2: FRESH STEAMED BROCCOLI CHEESY BREADSTICKS / sce CHEESEBURGER ON A WW BUN or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: OVEN BAKED CURLY FRIES SLICED CUKES W/ DIP PICK 1 or 2: REFRIED BEANS W/ CHEESE BARY CARROTS W/ DIP PICK 1 or 2: (2) POTATO TRIANGLES PICK 1 or 2: MASHED POTATOES / Grvv **HealthierUS** BABY CARROTS w/ DIP PICK 1: PEACHES BABY CARROTS W/ DIP ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS FRESH APPLE SLICES w/ DIP PICK 1: STRAWBERRIES W/ TOPPING PICK 1: FLAVORED APPLESAUCE PICK 1: CANNED PEARS **School** Sliced Banana w/ CHOC, SYRUP BONUS - CHOCOLATE CHIP GRIPZ CINNAMON APPLESAUCE 4 OZ ORANGE JUICE FRESH CANTALOUPE 18 21 20 THANKSGIVING FEAST (3) FRENCH TOAST STIX W/ SYRUP MEATBALL SUB ON A W.W. HOT POPCORN CHICKEN Whole Wheat HOT SOFT PRETZEL Students must select a SLICED TURKEY W/ ROLL DOG BUN with 1.5 oz Slice of Fried Ham W/ W.W. MINI HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE minimum of 3 items to or W.W. PEPPERONI OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY or W.W. PEPPERONI OR CHEESE OR HOMEMADE 100% BEEF HAMBURGER OR or W.W. (2) HOMEMADE CHEESY qualify as a reimbursable PICK 1 OR 2: MASHED POTATOES BRÉADSTICKS / sce CHEESEBURGER ON A WW BUN PIZZA **BREADSTICKS** / sce **BUTTERED CORN** PICK 1 or 2: FRESH STEAM BROCCOLI PICK 1: GREEN BEANS lunch! Students must take PICK 1 or 2: SEASONED WEDGE FRIES PICK 1 or 2: BBQ Baked Beans SWEET POTATOES BABY CARROTS W/ DIP BABY CARROTS W/ DIP BABY CARROTS W/ DIP at least one fruit or PICK 1: CANNED PEARS SLICED CUKES W/ DIP PICK 1: PINEAPPLE TIDBITS PICK 1: FLAVORED APPLESAUCE PICK 1: STRAWBERRIES W/ TOPPING vegetable. FRESH CANTALOUPE Sliced Banana w/ CHOC, SYRUP PICK 1: PEACHES MANDARIN ORANGES CINNAMON APPLESAUCE FRESH APPLE SLICES w/ DIP **BONUS - MINI RICE KRISPIE BONUS - APPLE CRISP** 29 27 28 25 (6) W.G. CHICKEN FRIES (6) MINI PANCAKES W/ SYRUP W/ W.W.DINNER ROLL with 1.5oz Slice of Fried Ham NO SCHOOL! or W.W. (2) HOMEMADE CHEESY THANKSGIVING BREAK or WHITE WHOLE WHEAT BREADSTICKS / sce PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS PICK 1: FLAVORED APPLESAUCE FRESH CANTALOUPE

MANDARIN ORANGES

TWINSBURG WELLNESS – OCTOBER 2013 – WILCOX & BISSELL MENU **LUNCH PRICE: \$2.50** MONDAY WEDNESDAY **THURSDAY** TUESDAY **FRIDAY** All lunches include a Breakfast now (6) W.G. CHICKEN FRIES WHOLE GRAIN CORN DOG W.W. CHICKEN PATTY SANDWICH NACHOS W/ REAL NACHO available daily. W/ W.W.DINNER ROLL or W.W. PEPPERONI or W.W. (2) HOMEMADE CHEESY CHEESE SAUCE or W.W. (2) HOMEMADE BREADSTICKS / sce OR HOMEMADE 100% BEEF HAMBURGER OR **OR CHEESE PIZZA** Click here for CHEESY BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN CHEESEBURGER ON A WW BUN PICK 1: 4 POTATO SMILES PICK 1 or 2: REFRIED BEANS W/ CHEESE SLICED CUKES W/ DIP PICK 1 or 2: MASHED POTATOES / GRVY BABY CARROTS W/ DIP **Breakfast Info** BABY CARROTS w/ DIP ROMAINE SALAD w/ DRSG PICK 1: PEACHES PICK 1: PINEAPPLE CHUNKS PICK 1: STRAWBERRIES W/ TOPPING PICK 1: CANNED PEARS FRESH APPLE SLICES w/ DIP Sliced Banana w/ CHOC. SYRUP and Menu CINNAMON APPLESAUCE WATERMELON WEDGE 10 GOLDFISH Our menus are **GRILLED CHEESE** (6) MINI PANCAKES W/ SYRUP SOFT TACO W/ TOPPINGS TURKEY & GRAVY W/ ROLL POPCORN CHICKEN planned by WITH FUNSIZE DORITOS or W.W. PEPPERONI OR CHEESE PIZZA with 1.5 oz Slice of Fried Ham SANDWICH (W.W.) W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY OR HOMEMADE 100% BEEF HAMBURGER OR PICK 1: MASHED POTATOES or WHITE WHOLE WHEAT Registered or W.W. (2) HOMEMADE CHEESY BRÉADSTICKS / sce CHEESEBURGER ON A WW BUN PEPPERONI OR CHEESE PIZZA BABY CARROTS W/ DIP BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN PICK 1 or 2: GREEN BEANS PICK 1 or 2: (2) POTATO TRIANGLES PICK 1: PINEAPPLE TIDBITS PICK 1 or 2: BBQ Baked Beans BABY CARROTS w/ DIP ROMAINE SALAD w/ DRSG **BABY CARROTS W/DIP** SLICED CUKES W/ DIP Sliced Banana w/ CHOC. SYRUP PICK 1: CANNED PEARS PICK 1: STRAWBERRIES W/ TOPPING BONUS - GRIPZ W.W. CHOCOLATE CHIP PICK 1: PEACHES PICK 1: FLAVORED APPLESAUCE WATERMELON WEDGE CINNAMON APPLESAUCE **GRAHAM COOKIES** FRESH APPLE SLICES w/ DIP MANDARIN ORANGES **BONUS W.G. GOLDFISH GRAHAM** 14 15 17 18 16 standards (6) W.G. CHICKEN FRIES **5 WHOLE GRAIN MINI CORN** WHITE WHOLE GRAIN W.W. CHICKEN PATTY required. W/ W.W.DINNER ROLL DOGS BREAKFAST BAGEL SANDWICH NEOEA DAY or W.W. (2) HOMEMADE or W.W. PEPPERONI OR CHEESE PIZZA (egg, cheese, bacon or sausage) or W.W. (2) HOMEMADE CHEESY CHEESY BRÉADSTICKS / sce PICK 1: FRESH STEAMED or W.W. PEPPERONI OR CHEESE PIZZA BREADSTICKS / sce NO SCHOOL! **HealthierUS** BROCCOLI W/ CHEESE SAUCE PICK 1 or 2: (2) POTATO TRIANGLES PICK 1 or 2: BUTTERED CORN PICK 1 or 2: MASHED POTATOES / Grvy

BABY CARROTS W/ DIP

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

(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 **FRIFS**

BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

(6) MINI PANCAKES W/ SYRUP

with 1.5oz Slice of Fried Ham

or WHITE WHOLE WHEAT

PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: (2) POTATO TRIANGLES

BABY CARROTS W/ DIP

(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

ROMAINE SALAD w/ DRSG

WATERMELON WEDGE

WW PASTA WITH 3

MEATBALLS AND A GARLIC

BREADSTICK

or W.W. (2) HOMEMADE

CHEESY BRÉADSTICKS / sce

BABY CARROTS W/ DIP

WATERMELON WEDGE

PICK 1: CANNED PEARS

PICK 1: GREEN BEANS

PICK 1: CANNED PEARS

PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS

PICK 1: FLAVORED APPLESAUCE WATERMELON WEDGE MANIDARINI ORANIGES

BABY CARROTS W/ DIP

PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP **BONUS - MINI RICE KRISPIE**

TURKEY HOT DOG

ON A W.W. BUN

or W.W. PEPPERONI OR CHEESE PIZZA

BABY CARROTS w/ DIP

Sliced Banana w/ CHOC. SYRUP

BONUS - FORTUNE COOKIE

WHOLE GRAIN CORN DOG

or W.W. PEPPERONI

OR CHEESE PIZZA

BABY CARROTS W/ DIP

PICK 1: 4 POTATO SMILES

PICK 1: PINEAPPLE CHUNKS

Sliced Banana w/ CHOC. SYRUP

PICK 1 or 2: Oven Baked Curly Fries

PICK 1: PINEAPPLE CHUNKS

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SLICED CUKES W/ DIP

PICK 1: STRAWBERRIES W/ TOPPING FRUIT PUNCH JELLO (100% JUICE) 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 educedprice pre-paid lunches for \$2.00.

Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students

Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest

School

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

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

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

31 HALLOWEEN

CREEPY W.W. CHICKEN

PATTY SANDWICH or W.W. (2) CHEESY BREADSTICKS / sce

PICK 1 or 2: BATTY BUTTERED CORN SCREAMING SLICED CUKES W/ DIP PICK 1: PEACHES

ORANGE SORBET (166% 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!

The USDA is an equal opportunity provider and employer.