



TWINSBURG WELLNESS – NOVEMBER 2013 – WILCOX & BISSELL MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH PRICE: \$2.50

Breakfast now available daily.

[Click here for Breakfast Info and Menu](#)



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!

- 1 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

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.

- 4 (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

ELECTION DAY
NO SCHOOL!

- 6 TURKEY HOT DOG ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA
PICK 1 or 2: 4 POTATO SMILES BABY CARROTS w/ DIP
PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP
BONUS - FORTUNE COOKIE

- 7 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

- 8 GOLDFISH GRILLED CHEESE SANDWICH (w.w.) OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN
PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG
PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE
BONUS HOMEMADE CHOCOLATE RICE KRISPIE TREAT

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

- 11 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) 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

- 12 (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 WATERMELON WEDGE

- 13 5 WHOLE GRAIN MINI CORN DOGS 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

- 14 MACARONI & CHEESE (W.W.) or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce
PICK 1 or 2: FRESH STEAMED BROCCOLI SLICED CUKES W/ DIP
PICK 1: PEACHES FRESH APPLE SLICES w/ DIP
BONUS - CHOCOLATE CHIP GRIPZ

- 15 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

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

- 18 (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

- 19 MEATBALL SUB ON A W.W. HOT DOG BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce
PICK 1: GREEN BEANS BABY CARROTS W/ DIP
PICK 1: CANNED PEARS WATERMELON WEDGE
BONUS - MINI RICE KRISPIE

- 20 THANKSGIVING FEAST SLICED TURKEY W/ ROLL or W.W. PEPPERONI OR CHEESE PIZZA
PICK 1 OR 2: MASHED POTATOES BUTTERED CORN SWEET POTATOES
PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP
BONUS - APPLE CRISP

- 21 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

- 22 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

- 25 (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
PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

- 26 (6) W.G. CHICKEN FRIES W/ W.W. DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce
PICK 1 or 2: OVEN BAKED CURLY FRIES ROMAINE SALAD w/ DRSG
PICK 1: CANNED PEARS WATERMELON WEDGE

27 THANKSGIVING

28 BREAK


29 NO SCHOOL!





TWINSBURG WELLNESS – OCTOBER 2013 – WILCOX & BISSELL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.50
<p>Breakfast now available daily.</p> <p>Click here for Breakfast Info and Menu</p>	<p>1</p> <p>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>2</p> <p>WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP</p> <p>PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>3</p> <p>W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BUTTERED CORN SLICED CUKES W/ DIP</p> <p>PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>4</p> <p>NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN</p> <p>PICK 1 or 2: REFRIED BEANS W/ CHEESE BABY CARROTS w/ DIP</p> <p>PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE</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>7</p> <p>(6) MINI PANCAKES W/ SYRUP with 1.5 oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP</p> <p>PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>8</p> <p>SOFT TACO W/ TOPPINGS WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP</p> <p>PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>9</p> <p>TURKEY & GRAVY W/ ROLL or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: MASHED POTATOES BABY CARROTS W/ DIP</p> <p>PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>10</p> <p>POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP</p> <p>PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>11  GOLDFISH GRILLED CHEESE SANDWICH (W.W.) OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN</p> <p>PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG</p> <p>PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE BONUS W.G. GOLDFISH GRAHAM</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.</p> <p>HealthierUS School</p>
<p>14</p> <p>WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP</p> <p>PICK 1: FLAVORED APPLESAUCE 4 OZ ORANGE JUICE</p>	<p>15</p> <p>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>16</p> <p>5 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: FRESH STEAMED BROCCOLI W/ CHEESE SAUCE BABY CARROTS W/ DIP</p> <p>PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP BONUS – MINI RICE KRISPIE</p>	<p>17</p> <p>W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BUTTERED CORN SLICED CUKES W/ DIP</p> <p>PICK 1: STRAWBERRIES W/ TOPPING FRUIT PUNCH JELLO (100% JUICE)</p>	<p>18</p> <p>NEOEA DAY NO SCHOOL!</p>	
<p>21</p> <p>(3) FRENCH TOAST STIX W/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP</p> <p>PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>22</p> <p>WW PASTA WITH 3 MEATBALLS AND A GARLIC BREADSTICK or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1: GREEN BEANS BABY CARROTS W/ DIP</p> <p>PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>23</p> <p>TURKEY HOT DOG ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: Oven Baked Curly Fries BABY CARROTS w/ DIP</p> <p>PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP BONUS – FORTUNE COOKIE</p>	<p>24</p> <p>POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP</p> <p>PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>25</p> <p>Whole Wheat HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN</p> <p>PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP</p> <p>PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE</p>	
<p>28</p> <p>(6) MINI PANCAKES W/ SYRUP with 1.5oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP</p> <p>PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>29</p> <p>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>30</p> <p>WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP</p> <p>PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>31 HALLOWEEN CREEPY W.W. CHICKEN PATTY SANDWICH or W.W. (2) CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BATTY BUTTERED CORN SCREAMING SLICED CUKES W/ DIP</p> <p>PICK 1: PEACHES ORANGE SORBET (100% JUICE)</p>	<p> Fruit & Veggie Patrol</p> <p>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>	