



# TWINSBURG WELLNESS & NUTRITION



*To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.*

Whole Grain and made fresh daily!



and Twinsburg Food Service brings you...



## Homemade Pizza and Cheesy Breadsticks



Made with Freshly Shredded Low Fat Mozzarella and Naturally Low Sodium Sauce, made FRESH each week with OREGANO and BASIL grown in our school herb garden.

Pizza and Cheesy Breadsticks—a healthy option for your students!

Start your day the healthy way at Twinsburg!



and Twinsburg Food Service brings you...



## Tiger Breakfast Rewards

Tiger Breakfast - a Great Start for your Brain and your Body!

Now even better with Tiger Breakfast Rewards

The more times you eat School Breakfast the more chances you get to win COOL monthly prizes!

Don't miss out on great nutrition and great fun!



# DODGE INTERMEDIATE 2015-16 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:  
**\$2.75**

## FEBRUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>February 1st</b>	<b>4 FRENCH TOAST STIX</b> w/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO (w/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	GRILLED CHICKEN BREAST SANDWICH w/ CHEESE AND BACON or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI w/ CHEESE PICK 1: BANANA w/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>5 REG OR SPICY CHICKEN NUGGETS</b> w/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES w/ CARAMEL OR Fruit Options	<b>BBQ RIB SANDWICH</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b> <b>February 8th</b>	<b>CHICKEN BACON MOZZ. SUB</b> or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>PASTA BAR</b> w/ CHOICE OF MEATS SAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 1: BANANA w/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI w/ CHEESE PICK 1: APPLES w/ CARAMEL OR Fruit Options	<b>February 12th</b>  <b>NO SCHOOL!</b>
<b>WEEK 1 (Beginning)</b> <b>February 15th</b>	<b>President's Day</b>  <b>NO SCHOOL!</b>	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESADILLA w/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 4 POTATO SMILES <b>CRUNCHY CINNAMON SUGAR CHICKPEAS</b> PICK 1: BANANA w/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>5 REG OR SPICY CHICKEN NUGGETS</b> w/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES / GRAVY PICK 1: APPLES w/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI w/ CHEESE PICK 1: RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 2 (Beginning)</b> <b>February 22nd—</b> <b>February 26th</b>	<b>NEW BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PASTA w/ MARINARA PICK 1: BANANA w/ CHOC SYRUP OR Fruit <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES: <b>SWEET POTATO CRISP</b> PICK 1: APPLES w/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>

**MONDAYS, WEDS. AND FRIDAYS**

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

**GREEN PRINT INDICATES VEGETARIAN OPTION**

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

**TUESDAYS AND THURSDAYS**

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

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Students must take at least one fruit or vegetable.

LUNCH  
PRICE:  
**\$2.75**

## JANUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>January 4th</b>	<b>January 4th</b> <b>STAFF WORK DAY</b>  <b>No School for Students</b>	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON</b> or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>5 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>SESAME GINGER POPCORN CHICKEN WRAP</b> WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b> <b>January 11th</b>	<b>CHICKEN BACON MOZZ. SUB</b> or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS / GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>January 15th</b> <b>NO SCHOOL!</b>
<b>WEEK 1 (Beginning)</b> <b>January 18th</b>	<b>Martin Luther King Jr Day!</b> <b>NO SCHOOL!</b>	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 4 POTATO SMILES <b>CRUNCHY CINNAMON SUGAR CHICKPEAS</b> PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>5 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES / GRAVY PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE PICK 1: RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 2 (Beginning)</b> <b>January 25th—</b> <b>January 29th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>HOT TURKEY &amp; SWISS OR HAM &amp; SWISS ON A PRETZEL BUN</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES— GREEN BEANS TATOR TOTS PICK 1: BANANA W/ CHOC SYRUP OR Fruit <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options

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