

TWINSBURG WELLNESS – MARCH 2014 – DODGE 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

3 SPICY OR REGULAR POPCORN CHICKEN

WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA

MONDAY

or Alternate Entrée

PICK 2: VEGETABLES

MASHED POTATOES W/GRVY PICK 1: Fruit Options

TACO TUESDAYS TACO SALAD BAR OR **NACHO SUPREME BAR**

TUESDAY

or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

PICK 2: Vegetables

(REFRIED BEANS WITH CHEESE)

PICK 1: Fruit Options

(4) FRENCH TOAST STIX W/ SYRUP

WEDNESDAY

w/ 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE

PICK 2: VEGETABLES ((2) POTATO TRIANGLES)

PICK 1: Fruit Options

CHICKEN BACON MOZZ SUB

THURSDAY

ON WW HOAGIE or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce

OR ALTERNATE ENTREE PICK 2: VEGETABLES:

FRESH STEAMED BROCCOLIW/ CHEESE SAUCE

PICK 1: Fruit Options BONUS - FUNSIZE RICE KRISPY TREAT

BACON CHEESE BURGER ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA

FRIDAY

OR ALTERNATE ENTREE **PICK 2: VEGETABLES**

(OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX

PICK 1: Fruit Options

FISH SANDWICH AVAILABLE!



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(8) W.G. CHICKEN FRIES WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA

or Alternate Entrée **PICK 2: VEGETABLES**

(BBQ BAKED BEANS) PICK 1: Fruit Options

TACO TUESDAYS

2 SOFT TACOS WITH TOPPINGS

or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce

OR ALTERNATE ENTREE PICK 2: Vegetables

(BUTTERED CORN) **PICK 1: Fruit Options**

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SWEET N' SOUR POPCORN CHICKEN

OVER LO MEIN NOODLES (W.W) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE

PICK 2: VEGETABLES RED & GREEN PEPPERS

PICK 1: Fruit Options BONUS - FORTUNE COOKIE 13

TURKEY & GRAVY W/ W.W. ROLL

or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce

OR ALTERNATE ENTREE PICK 2: VEGETABLES:

MASHED POTATOES PICK 1: Fruit Options

BONUS - GRIPZ CHOC CHIP

2 POPCORN CHICKEN WRAPS **WITH TOPPINGS**

or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE

PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES)

PICK 1: Fruit Options

FISH SANDWICH AVAILABLE!

NEW MENU FEATURE

HIGHLIGHTING **INDICATES VEGETARIAN** ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!

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SPICY OR REGULAR POPCORN CHICKEN

WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA

or Alternate Entrée

PICK 2: VEGETABLES

MASHED POTATOES W/GRVY PICK 1: Fruit Options

18 TACO TUESDAYS

TACO SALAD BAR OR NACHO SUPREME BAR

or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

PICK 2: Vegetables (CRISPY CINNAMON CHICKPEA SNACK)

PICK 1: Fruit Options

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WHITE WHOLE GRAIN **BREAKFAST BAGEL**

(egg. cheese, bacon or sausage) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE **PICK 2: VEGETABLES**

SEASONED WEDGE FRIES PICK 1: Fruit Options

20 ITZA ITALIA **CHICKEN ALFREDO OR**

ALFREDO SAUCE OVER w.w. PENNE PASTA W/ GARLIC BREAD ROLL

or W.W. (2) CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options

BLUE RASPBERRY SORBET (100% iUICE

5 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL

or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE

PICK 2: VEGETABLES 1/2 TWICE BAKED POTATO W/ CHEESE

AND REAL BACON BITS PICK 1: Fruit Options **BONUS - FUNSIZE RICE KRISPY TREAT** Our menus are planned by Registered Dietitian **Mark Bindus and meet** the highest standards required. Our menus are planned utilizing the **USDA's dietary** recommendations.



SPRING BREAK - NO SCHOOL!

MARCH 24TH-28TH



ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.)

Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK **COLD SUB SANDWICHES OR WRAPS**

CHEESE PIZZA AVAILABLE ON GOURMET PIZZA DAY!

All lunches include a

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SPICY OR REGULAR POPCORN CHICKEN

WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée

PICK 2: VEGETABLES MASHED POTATOES W/GRVY

PICK 1: Fruit Options

FRUIT & VEG OPTIONS: Monday, Wednesday, Friday

PICK 2 VEGETABLES: Menued Hot Veg. Potato or Pasta. Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Asst'd Can Fruit, Cantaloupe or Grapes

100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS

FRUIT & VEG OPTIONS: Tuesday and Thursdays

PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw. Small Romaine Salads. Baby Carrots

PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Asst'd Canned Fruit

Fat-free Choc. Skim or 1% Milk Milk offered for .50 cents Prepay for 5 lunches for 13.75 or 10 lunches for \$27.50. 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.

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TWINSBURG WELLNESS – APRIL 2014 – DODGE MENU

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

MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY LUNCH PRICE: \$2.75** 4 BACON CHEESE BURGER All lunches include a Don't miss the 2014 TACO TUESDAYS Fat-free Choc. Skim or 1% Milk CHICKEN PARMESAN SANDWICH ON A W.W. BUN (4) FRENCH TOAST STIX **TACO SALAD BAR OR NACHO** TigerFit Fun Run Milk offered for .50 cents or W.W. (2) HOMEMADE CHEESY or W.W. PEPPERONI OR CHEESE PIZZA SUPREME BAR W/ SYRUP Prepay for 5 lunches for 13.75 OR ALTERNATE ENTREE **BREADSTICKS w/ sauce** on Saturday, April w/ 2 Slices of Fried Ham or (2) (W.W.) HOMEMADE CHEESY OR ALTERNATE ENTREE or 10 lunches for \$27.50. R educed-PICK 2: VEGETABLES BREADSTICKS w/ sauce or W. W.GOURMET PIZZA PICK 2: VEGETABLES price pre-paid lunches for \$2.00. 26th at 10am (OVEN BAKED CURLY FRIES) OR ALTERNATE ENTREE OR ALTERNATE ENTREE Breakfast available daily for \$1.50 W.W. PASTA W/ MARINARA SAUCE CALIFORNIA VEGETABLE MIX PICK 2: Vegetables PICK 2: VEGETABLES **REGISTRATION** GREEN BEANS PICK 1: Fruit Options full price, .30 reduced-price, and (REFRIED BEANS WITH CHEESE) ((2) POTATO TRIANGLES) PICK 1: Fruit Options FREE for all approved free students. **INFO** PICK 1: Fruit Options FISH SANDWICH AVAILABLE! PICK 1: Fruit Options 10 ITZA ITALIA ALTERNATE ENTREES TACO TUESDAYS Breaded Chicken Sandwiches (W.W.) **6 WHOLE GRAIN MINI CHICKEN ALFREDO OR** 2 POPCORN CHICKEN WRAPS (8) W.G. CHICKEN FRIES 2 SOFT TACOS **CORN DOGS** ALFREDO SAUCE OVER W.W. WITH TOPPINGS Cheeseburger (W.W.) WITH W.W.MINI HOT SOFT PRETZEL WITH TOPPINGS PENNE PASTA W/ GARLIC BREAD ROLL or W. W. PEPPERONI OR CHEESE PIZZA or W. W.GOURMET PIZZA or W.W.W PEPPERONI OR CHEESE PIZZA ENTRÉE SALADS W/ BREADSTICK or (2) (W.W.) HOMEMADE CHEESY OR ALTERNATE ENTREE OR ALTERNATE ENTREE or Alternate Entrée or W.W. (2) CHEESY BREADSTICKS w/ sauce BREADSTICKS w/ sauce & COLD SUB SANDWICHES OR PICK 2: VEGETABLES OR ALTERNATE ENTREE PICK 2: VEGETABLES **PICK 2: VEGETABLES** OR ALTERNATE ENTREE **WRAPS** PICK 2: VEGETABLES (4) POTATO SMILES (OVEN BAKED CURLY FRIES) (BBQ BAKED BEANS) CHEESE PIZZA PICK 2: Vegetables FRESH STEAMED BROCCOLI CALIFORNIA VEG MIX PICK 1: Fruit Options PICK 1: Fruit Options (BUTTERED CORN) AVAILABLE ON PICK 1: Fruit Options PICK 1: Fruit Options GOURMET PIZZA DAY! PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE) BLUE RASPBERRY SORBET FISH SANDWICH AVAILARI FI **NEW MENU FEATURE** 17 18 14 15 TACO TUESDAYS 16 SPICY OR REGULAR WHITE WHOLE GRAIN TACO SALAD BAR OR HIGHLIGHTING **BREAKFAST BAGEL** POPCORN CHICKEN **GOOD FRIDAY NACHO SUPREME BAR INDICATES** (egg, cheese, bacon or sausage) WITH W.W.DINNER ROLL NO SCHOOL! or (2) (W.W.) HOMEMADE CHEESY **VEGETARIAN** or W. W.GOURMET PIZZA or W. W. PEP. OR CHEESE PIZZA BREADSTICKS w/ sauce OR ALTERNATE ENTREE **ENTRÉE OPTION** NO SCHOOL! or Alternate Entrée OR ALTERNATE ENTREE **PICK 2: VEGETABLES** PICK 2: Vegetables THAT IS AVAILABLE **PICK 2: VEGETABLES** SEASONED WEDGE FRIES (CRISPY CINNAMON CHICKPEA SNACK) MASHED POTATOES W/GRVY FOR THE DAY! PICK 1: Fruit Options PICK 1: Fruit Options **PICK 1: Fruit Options** 23 21 TACO TUESDAYS 24 26 TIGERFIT FUN RUN **GRILLED CHEESE OR** CHICKEN BACON MOZZ. GENERAL TSO POPCORN 2 Whole Grain CHICKEN OR 2014 TigerFit Fun Run SLOPPY JOE ON A WW BUN SUB ON A WW HOAGIE CHEESE QUESIDILLA W/ **CHICKEN** OVER BROWN RICE Marriage Strains or W.W.W PEPPERONI OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY or W. W.GOURMET PIZZA **TOPPINGS** OR ALTERNATE ENTREE BREADSTICKS w/ sauce OR ALTERNATE ENTREE THE EMERGENCY ASSISTANCE CENTER NO SCHOOL! or W.W. (2) HOMEMADE **PICK 2: VEGETABLES** OR ALTERNATE ENTREE PICK 2: VEGETABLES CHEESY BREADSTICKS / sce PICK 2: VEGETABLES 1/2 TWICE BAKED POTATO W/ CHEESE **ORIENTAL VEGETABLES** PICK 2: Vegetables AND REAL BACON BITS (OVEN BAKED CURLY FRIES) Click on Tiger for PICK 1: Fruit Options (BUTTERED CORN) PICK 1: Fruit Options PICK 1: Fruit Options BONUS - FORTUNE COOKIE **BONUS - FUNSIZE RICE KRISPY TREAT** registration info! PICK 1: Fruit Options 28 30 100% FRUIT JUICE ONLY AVAILABLE AS A TACO TUESDAYS SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS FRUIT & VEG OPTIONS: SPICY OR REGULAR TACO SALAD BAR OR (9) MINI PANCAKES Monday, Wednesday, Friday **FRUIT & VEG OPTIONS:** POPCORN CHICKEN W/ SYRUP **NACHO SUPREME BAR**

WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA

or Alternate Entrée

PICK 2: VEGETABLES MASHED POTATOES W/GRVY

PICK 1: Fruit Options

or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options

with 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE

PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options

Tuesday and Thursdays

PICK 2 VEGETABLES: Menued Hot Veg. Potato or Pasta. LF Cole Slaw, Small Romaine Salads, Baby Carrots

PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Asst'd Canned Fruit

PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch

PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce. Canned Pineapple & Canned Mandarin Oranges, Asst'd Can Fruit, Cantaloupe or Grapes

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