



TWINSBURG WELLNESS – MAY 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
<p>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</p> <p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots</p> <p>PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Asst'd Canned Fruit</p>	<p>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch</p> <p>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</p>	<p>1 CHICKEN PARMESAN SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS</p> <p>PICK 1: Fruit Options</p>	<p>2 BACON CHEESE BURGER ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX</p> <p>PICK 1: Fruit Options</p>	<p>All lunches include a 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. 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>5 8) W.G. CHICKEN FRIES WITH W.W. MINI HOT SOFT PRETZEL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS)</p> <p>PICK 1: Fruit Options</p>	<p>6 TACO TUESDAYS</p> <p>2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (BUTTERED CORN)</p> <p>PICK 1: Fruit Options</p>	<p>7 BBQ RIB SANDWICH ON A WW HOAGIE BUN or W. W. GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (4) POTATO SMILES CALIFORNIA VEG MIX</p> <p>PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE)</p>	<p>8 TURKEY & GRAVY W/ STUFFING AND W.W. ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES: MASHED POTATOES</p> <p>PICK 1: Fruit Options</p>	<p>9 2 POPCORN CHICKEN WRAPS WITH TOPPINGS or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX</p> <p>PICK 1: Fruit Options</p>	<p>NEW MENU FEATURE</p> <p>HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</p>
<p>12 SPICY OR REGULAR POPCORN CHICKEN WITH W.W. DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES MASHED POTATOES W/GRVY</p> <p>PICK 1: Fruit Options</p>	<p>13 TACO TUESDAYS</p> <p>TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (REFRIED BEANS WITH CHEESE)</p> <p>PICK 1: Fruit Options</p>	<p>14 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES SEASONED WEDGE FRIES</p> <p>PICK 1: Fruit Options</p>	<p>15 W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES - GREEN BEANS</p> <p>PICK 1: Fruit Options</p>	<p>16 NEW SOUTHERN PULLED PORK SANDWICH ON A W.W. BUN or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES)</p> <p>PICK 1: Fruit Options</p>	<p>ALTERNATE ENTREES Breded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS</p> <p>CHEESE PIZZA AVAILABLE ON GOURMET PIZZA DAY!</p>
<p>19 8) W.G. CHICKEN FRIES WITH W.W. MINI HOT SOFT PRETZEL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS)</p> <p>PICK 1: Fruit Options</p>	<p>20 TACO TUESDAYS</p> <p>2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 2: Vegetables (BUTTERED CORN)</p> <p>PICK 1: Fruit Options</p>	<p>21 (4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES TATOR TOTS</p> <p>PICK 1: Fruit Options</p>	<p>22 GRILLED CHEESE OR SLOPPY JOE ON A WW BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES)</p> <p>PICK 1: Fruit Options</p>	<p>23 CHICKEN BACON MOZZ. SUB ON A WW HOAGIE or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS</p> <p>PICK 1: Fruit Options BONUS – FUNSIZE RICE KRISPY TREAT</p>	<p>MONDAY, JUNE 2ND</p> <p>SPICY OR REGULAR POPCORN CHICKEN WITH W.W. DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES MASHED POTATOES W/GRVY</p> <p>PICK 1: Fruit Options</p>
<p>26 MEMORIAL DAY! NO SCHOOL!</p>	<p>27 TACO TUESDAYS</p> <p>TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (REFRIED BEANS WITH CHEESE)</p> <p>PICK 1: Fruit Options</p>	<p>28 (9) MINI PANCAKES W/ SYRUP with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES TATOR TOTS</p> <p>PICK 1: Fruit Options</p>	<p>29 MEATBALL SUB W/ MOZZ ON A W.W. HOAGIE or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES SWEET POTATO WEDGE FRIES</p> <p>PICK 1: Fruit Options</p>	<p>30 BACON CHEESE BURGER ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (SEASONED WEDGE FRIES) CALIFORNIA VEGETABLE MIX</p> <p>PICK 1: Fruit Options</p>	<p>TUESDAY, JUNE 3RD</p> <p>HOT DOG W/ TOPPING BONUS - ASST'D CHIPS OR SNACK or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS)</p> <p>PICK 1: Fruit Options</p>



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
<p>Don't miss the 2014 TigerFit Fun Run on Saturday, April 26th at 10am</p> <p>REGISTRATION INFO</p>	<p>1 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>2 (4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>3 CHICKEN PARMESAN SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options</p>	<p>4 BACON CHEESE BURGER ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX PICK 1: Fruit Options FISH SANDWICH AVAILABLE!</p>
<p>7 (8) W.G. CHICKEN FRIES WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>8 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</p>	<p>9 6 WHOLE GRAIN MINI CORN DOGS or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES CALIFORNIA VEG MIX PICK 1: Fruit Options FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</p>	<p>10 IT'ZA 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 FRESH STEAMED BROCCOLI PICK 1: Fruit Options BLUE RASPBERRY SORBET</p>	<p>11 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!</p>
<p>14 SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (CRISPY CINNAMON CHICKPEA SNACK) PICK 1: Fruit Options</p>	<p>15 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</p>	<p>16 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</p>	<p>17 NO SCHOOL!</p>	<p>18 GOOD FRIDAY NO SCHOOL!</p>
<p>21 NO SCHOOL!</p>	<p>22 TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sauce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>23 GENERAL TSO POPCORN CHICKEN OVER BROWN RICE or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ORIENTAL VEGETABLES PICK 1: Fruit Options BONUS – FORTUNE COOKIE</p>	<p>24 GRILLED CHEESE OR SLOPPY JOE ON A WW BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>25 CHICKEN BACON MOZZ. SUB ON A WW HOAGIE or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 1: Fruit Options BONUS – FUNSIZE RICE KRISPY TREAT</p>
<p>28 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</p>	<p>29 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>30 (9) MINI PANCAKES W/ SYRUP with 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</p> <p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots</p> <p>PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit</p>	

LUNCH PRICE: \$2.75

All lunches include a 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. 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.

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!

NEW MENU FEATURE
HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!

26 TIGERFIT FUN RUN

2014 TigerFit Fun Run

Click on Tiger for registration info!

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, Ass't'd Can Fruit. Cantaloupe or Grapes