



# TWINSBURG WELLNESS & NUTRITION



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

SATURDAY, APRIL 25TH AT 10AM AT TIGER STADIUM

## 2015 TigerFit Fun Run



REGISTRATION FORMS  
ON THE LUNCH MENU  
WEB PAGE. DUE BY  
APRIL 16TH

JOIN US AS WE  
PARTNER WITH  
THE EMERGENCY  
ASSISTANCE  
CENTER  
TO HELP  
STOP HUNGER!

PLEASE BRING ANY TYPE OF  
CANNED FRUIT TO DONATE ON THE  
DAY OF THE RACE.

Beginning in  
April!



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 2014-15 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**

## MARCH and APRIL 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>March 30th—</b> <b>April 3rd</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> SEASONED WEDGE FRIES <b>PICK 1: STRAWBERRIES</b> 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 <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	W.W. PENNE PASTA WITH CHICKEN ALFREDO OR <b>MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> 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 <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>April 3rd</b> <b>SPRING BREAK BEGINS</b> 

## SPRING BREAK...APRIL 3RD—10TH

<b>WEEK 3 (Beginning)</b> <b>April 13th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> 4 POTATO SMILES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BBQ RIB SANDWICH</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
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<b>WEEK 4 (Beginning)</b> <b>April 20th</b>	<b>SALISBURY STEAK W/ HOT BUTTERED BREADSTICK</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> MASHED POTATOES W/ GRAVY <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> WALKING TACO (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: Cantaloupe or Fruit Options</b> <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CHICKEN PARMESAN WITH GARLIC BREADSTICK</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 1: BANANA W/ CHOC SYRUP</b> 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 <b>PICK 2: VEGETABLES:</b> SPICY SWEET POTATO FRIES <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH Or NEW PEPPERONI & CHEESE PIZZA POCKETS or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: Fruit Options</b>
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<b>WEEK 1 (Beginning)</b> <b>April 27th—</b> <b>May 1st</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> 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 <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>NEW GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON</b> or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FRESH STEAMED BROCCOLI <b>PICK 1: Fruit Options</b>
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**GREEN PRINT INDICATES VEGETARIAN OPTION**

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

**The USDA is an equal opportunity provider and employer.**

4 OZ 100% JUICES ARE AVAILABLE AS SIDE DISH ON MONDAYS, WEDS. AND FRIDAYS



# DODGE INTERMEDIATE 2014-15 MENU

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 Students must take at least one fruit or vegetable.

LUNCH  
 PRICE:  
**\$2.75**

MAY and JUNE 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b>  <b>May 4th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> - NEW - 2 BACON <b>CHEESEBURGER QUESIDILLAS</b> or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ sauce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: Cantaloupe or Fruit Options</b>	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 4 POTATO SMILES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE!</b>	<b>8 CHICKEN FRIES</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BBQ RIB SANDWICH</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND <b>PICK 1: Fruit Options</b> <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b>  <b>May 11th</b>	<b>SALISBURY STEAK W/ HOT BUTTERED BREADSTICK</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>MASHED POTATOES W/ GRAVY</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables - REFRIED BEANS</b> <b>PICK 1: Cantaloupe or Fruit Options</b> <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> SPICY SWEET POTATO FRIES <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or NEW PEPPERONI & CHEESE <b>PIZZA POCKETS</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: Fruit Options</b>
<b>WEEK 1 (Beginning)</b>  <b>May 18th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: Strawberries or Fruit Options</b>	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: Cantaloupe or Fruit Options</b>	<b>GRILLED CHICKEN BREAST SANDWICH</b> W/ CHEESE AND BACON or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE!</b>	<b>8 CHICKEN FRIES</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI <b>PICK 1: Fruit Options</b>
<b>WEEK 2 (Beginning)</b>  <b>May 25th</b>	<b>MEMORIAL DAY!</b>  <b>NO SCHOOL!</b>	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY <b>BREADSTICKS</b> w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or NEW PEPPERONI & CHEESE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: Fruit Options</b>
<b>WEEK 3 (Beginning)</b>  <b>June 1st</b>	<b>June 1st 4 FRENCH TOAST STIX</b> W/ SYRUP & 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES—TATOR TOTS</b> <b>PICK 1: STRAWBERRIES OR Fruit Options</b>		<b>June 2nd HOT DOG W/ TOPPINGS</b> (Cheese, Taco Meat, etc) or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES - TATOR TOTS</b> <b>PICK 1: Fresh or Canned Fuit Options</b> <b>BONUS—ASST'D 30 CENT</b>		

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