



# TWINSBURG WELLNESS – NOVEMBER 2013 – DODGE MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH PRICE: \$2.50

Breakfast now available daily.  
[Click here for Breakfast Info and Menu](#)

**FRUIT & VEG OPTIONS:**  
**Monday, Wednesday, Friday**

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

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

**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, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots

**PICK 1 FRUIT:** Sliced Bananas w/ Choc Syrup, Fresh Cantaloupe, Strawb, Oranges, Canned Pineapple & Canned Mandarin Oranges, Canned Fruit

1  
**(4) FRENCH TOAST STIX**  
**W/ SYRUP w/ 2 Slices of Fried Ham**  
**or W. W. PEPPERONI**  
**OR CHEESE PIZZA**  
**OR ALTERNATE ENTREE**  
**PICK 2: VEGETABLES**  
**((2) POTATO TRIANGLES)**  
**PICK 1: Fruit Options**

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  
**POPCORN CHICKEN**  
WITH W.W.MINI HOT SOFT PRETZEL  
or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA  
Or Alternate Entrée  
**PICK 2: Vegetables**  
**(BBQ BAKED BEANS)**  
**PICK 1: Fruit Options**

5  
**ELECTION DAY**  
**NO SCHOOL!**

6  
**BACON CHEESE BURGER**  
ON A W.W. BUN  
or W. W.GOURMET PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
**(OVEN BAKED CURLY FRIES)**  
**(SUGAR SNAP PEA PODS)**  
**PICK 1: Fruit Options**

7  
**W.W. PENNE PASTA WITH**  
3 MEATBALLS, ALFREDO OR MARINARA  
**W/ GARLIC ROLL**  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
**(GREEN BEANS)**  
**PICK 1: Fruit Options**

8  
**GENERAL TSO'S CHICKEN**  
W/ W.G. RICE  
or W. W. PEPPERONI  
OR CHEESE PIZZA  
**OR ALTERNATE ENTREE**  
**PICK 2: VEGETABLES**  
**(ORIENTAL VEGETABLES)**  
**PICK 1: Fruit Options**  
**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  
**(8) W.G. CHICKEN FRIES**  
WITH W.W.DINNER ROLL  
or W. W. PEPPERONI OR CHEESE PIZZA  
or Alternate Entrée  
**PICK 2: VEGETABLES**  
MASHED POTATOES W/GRVY  
**PICK 1: Fruit Options**

12 **TACO TUESDAYS**  
**NACHOS W/ BEEF & REAL NACHO CHEESE SAUCE**  
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: Vegetables**  
**(CRISPY CINNAMON CHICKPEA SNACK)**  
**PICK 1: Fruit Options**

13  
**BBQ RIB SANDWICH ON A W.W. HOAGIE**  
or W.W. PEPPERONI OR CHEESE PIZZA  
**PICK 2: VEGETABLES**  
**(OVEN BAKED CURLY FRIES)**  
**(GREEN BEANS)**  
**PICK 1: Fruit Options**

14  
**MACARONI & CHEESE (W.W.)**  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce  
**PICK 2: VEGETABLES**  
FRESH STEAMED BROCCOLI  
**PICK 1: Fruit Options**  
**BONUS – CHOCOLATE CHIP GRIPZ**

15  
**(9) MINI PANCAKES W/ SYRUP**  
with 2 Slices of Fried Ham  
or W.W.W PEPPERONI OR CHEESE PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
**((2) POTATO TRIANGLES)**  
**PICK 1: Fruit Options**

18  
**POPCORN CHICKEN**  
WITH W.W.MINI HOT SOFT PRETZEL  
or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA  
Or Alternate Entrée  
**PICK 2: Vegetables**  
**(BBQ BAKED BEANS)**  
**PICK 1: Fruit Options**

19 **TACO TUESDAYS**  
**2 Whole Grain CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS**  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce  
**PICK 2: Vegetables**  
**(BUTTERED CORN)**  
**PICK 1: Fruit Options**

20 THANKSGIVING FEAST  
**SLICED TURKEY W/ STUFFING AND A W.W. ROLL**  
or W.W. PEPPERONI OR CHEESE PIZZA  
**PICK 2-3: VEGETABLES**  
MASHED POTATOES  
BUTTERED CORN  
SWEET POTATOES  
**PICK 1: Fruit Options**  
**BONUS – APPLE CRISP**

21:  **GOLDFISH GRILLED CHEESE SANDWICH (W.W.)**  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
GREEN BEANS  
**PICK 1: Fruit Options**  
**BONUS W.G. GIANT GOLDFISH GRAHAM**

22  
**WHITE WHOLE GRAIN BREAKFAST BAGEL**  
**(egg, cheese, bacon or sausage)**  
or W.W.W PEPPERONI OR CHEESE PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
**((2) POTATO TRIANGLES)**  
**PICK 1: Fruit Options**

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

25  
**(8) W.G. CHICKEN FRIES**  
WITH W.W.DINNER ROLL  
or W. W. PEPPERONI OR CHEESE PIZZA  
or Alternate Entrée  
**PICK 2: VEGETABLES**  
SEASONED WEDGE FRIES  
**PICK 1: Fruit Options**

26 **TACO TUESDAYS**  
**TACO SALAD W/ TOPPINGS**  
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: Vegetables**  
**(REFRIED BEANS WITH CHEESE)**  
**PICK 1: Fruit Options**

27  
**THANKSGIVING**

28  
**BREAK**

29  
**NO SCHOOL!**





# TWINSBURG WELLNESS – OCTOBER 2013 – 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>Breakfast now available daily.</p> <p><a href="#">Click here for Breakfast Info and Menu</a></p>	<p>1 <b>WORLD VEGETARIAN DAY</b> NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE BLACK BEAN BURGER or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BLACK BEANS AND RICE) PICK 1: Fruit Options</p>	<p>2 <b>BACON CHEESE BURGER</b> or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>3 <b>W.W. PENNE PASTA</b> WITH MEATSAUCE, ALFREDO OR MARINARA W/ GARLIC ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (GREEN BEANS) PICK 1: Fruit Options</p>	<p>4 (4) <b>FRENCH TOAST STIX</b> W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) 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>Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required. <b>HealthierUS School</b></p> <p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES</p>
<p>7 <b>POPCORN CHICKEN</b> WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>8 <b>TACO TUESDAYS</b> 2 W.G. SOFT TACOS W/ LETTUCE AND CHEESE or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>9 <b>TURKEY &amp; GRAVY W/ ROLL</b> or W. W. GOURMET PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY FRESH STEAMED BROCCOLI PICK 1: Fruit Options <b>BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</b></p>	<p>10 <b>CHICKEN BACON MOZZARELLA SUB ON WW HOAGIE BUN</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES CAJUN SEASONED WEDGE FRIES PICK 1: Fruit Options</p>	<p>11 <b>GENERAL TSO'S CHICKEN</b> W/ W.G. RICE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (ORIENTAL VEGETABLES) PICK 1: Fruit Options <b>BONUS – FORTUNE COOKIE!</b></p>	
<p>14 (8) <b>W.G. CHICKEN FRIES</b> WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>15 <b>TACO TUESDAYS</b> NACHOS W/ BEEF &amp; REAL NACHO CHEESE SAUCE 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 <b>6 WHOLE GRAIN MINI CORN DOGS</b> or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options <b>FRUIT PUNCH JELLO (100% JUICE)</b></p>	<p>17 <b>CHICKEN PARMESAN with WW Garlic Breadstick</b> 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>18 <b>NEOEADAY NO SCHOOL!</b></p>	
<p>21 <b>POPCORN CHICKEN</b> WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>22 <b>TACO TUESDAYS</b> 2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>23 <b>WHOLE WHEAT HOT SOFT PRETZEL</b> WITH REAL NACHO CHEESE SAUCE or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES FRESH STEAMED BROCCOLI PICK 1: Fruit Options</p>	<p>24  <b>GOLDFISH GRILLED CHEESE SANDWICH (W.W.)</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 1: Fruit Options <b>BONUS W.G. GIANT GOLDFISH GRAHAM</b></p>	<p>25 <b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, <b>bacon or sausage</b>) or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	
<p>28 (8) <b>W.G. CHICKEN FRIES</b> WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>29 <b>TACO TUESDAYS</b> TACO SALAD W/ TOPPINGS 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 <b>BBQ RIB SANDWICH</b> or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>31 <b>HALLOWEEN</b> <b>CHICKEN PARMESAN SANDWICH</b> 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 <b>ORANGE SORBET (100% JUICE)</b></p>	<p><b>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</b> PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, <b>Strawb</b>, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Canned Fruit</p> <p><b>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS. AND FRIDAYS.</b></p>	

The USDA is an equal opportunity provider and employer.