



# TWINSBURG WELLNESS – DECEMBER 2013 – THS MENU



Students must select a minimum of 4 items to qualify as a reimbursable lunch! Main dishes count as 2 items. Students must take at least one fruit or vegetable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.75
2 <b>6 MINI W.G CORN DOGS</b> OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS	3 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options OR TWINPOTLE BURRITO BAR	4 (9) Mini Pancakes w/ Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR CHICKEN PARMESAN W/ GARLIC BREADSTICK & PASTA	5 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	6 <b>FINALLY FRY DAY</b> <b>SLOPPY JOE SANDWICH</b> ON A WW BUN OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES GREEN BEANS Vegetable & Fruit Options or Burger & Curly Fry Bar	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.
9 <b>2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS</b> OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable & Fruit Options OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY	10 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options OR SUByourWAY BAR	11 (2) WAFFLES W/ CHOICE OF TOPPING (Strawberries w/ whipped topping, Cinnamon Sugar Apples, Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR PASTA & SALAD BAR	12 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options OR ASIAN BAR	13 <b>FINALLY FRY DAY?</b> W.G. PRETZEL BUN GRILLED CHEESE OR CHIPOTLE CHIX SANDWICH OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée ½ TWICE BAKED POTATO FRESH STEAMED BROCCOLI Vegetable & Fruit Options or Burger & TWICE BAKED Bar	
16 <b>CHICKEN BACON MOZZ SUB</b> ON A WW BUN OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS	17 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options Or TURKEY & GRAVY OVER NOODLES	18 <b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, bacon or sausage) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR CHICKEN PARMESAN SANDWICH & PASTA	19 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	20 <b>FINALLY FRY DAY</b> <b>2 W.W. POPCORN CHICKEN WRAPS</b> OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES Vegetable & Fruit Options or Burger & Curly Fry Bar	The USDA is an equal opportunity provider and employer.

## WINTER BREAK – DECEMBER 23 – JANUARY 6 – NO SCHOOL!

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



### 2014 TIGER WELLNESS WORKSHOP

**WHEN:** Saturday, January 18th from 9am to noon  
**WHERE:** THS Commons  
**WHAT:** -Free Youth Fitness Testing with prizes  
 -Fitness Demos  
 -Area health and wellness businesses showing off their products or services.  
 -Tiger 2 for 2 for Hunger Free Throw Contest \$2.00 for 2 minutes of free throws with all proceeds going to Paws on Hunger (Top Boy and Girl from each school when a great prize).

CLICK ON LINK TO THE LEFT FOR MORE INFO

#### 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 Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit

#### 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't'd Can Fruit, Fresh Cantaloupe



# TWINSBURG WELLNESS – NOVEMBER 2013 – THIS MENU



Students must select a minimum of 4 items to qualify as a reimbursable lunch! Main dishes count as 2 items. Students must take at least one fruit or vegetable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.75	
<p>Breakfast now available daily. <a href="#">Click here for Breakfast Info and Menu</a></p>	<p><b>FRUIT &amp; VEG OPTIONS: Monday, Wednesday, Friday</b></p> <p><b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, LF Cole Slaw</p> <p><b>PICK 2 FRUIT:</b> 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Fresh Cantaloupe, Flavored Applesauce, Canned Pineapple &amp;</p>		<p><b>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</b></p> <p><b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots</p> <p><b>PICK 2 FRUIT:</b> 4 oz 100% Juice, Sliced Bananas w/ Choc Syrup, Fresh Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Canned Fruit</p>		<p>1 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée REFRIED BEANS W/ CHEESE Vegetable &amp; Fruit Options OR W. W. G. CHICKEN FRIES WITH W.W.DINNER ROLL OR BURGER &amp; CURLY FRY BAR</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</p>
<p>4 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée REFRIED BEANS W/ CHEESE Vegetable &amp; Fruit Options OR 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>5 <b>ELECTION DAY</b>  <b>NO SCHOOL!</b></p>		<p>6 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or W. W. GOURMET PIZZA or Alternate Entrée REFRIED BEANS W/ CHEESE Vegetable &amp; Fruit Options OR CHICKEN PARMESAN SANDWICH &amp; PASTA</p>	<p>7 <b>CHICKEN BACON MOZZ</b> SUB ON A WW BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE ½ Twice Baked Potato with Toppings Vegetable &amp; Fruit Options OR ASIAN BAR <b>BONUS HOMEMADE CHOCOLATE RICE KRISPIE TREAT</b></p>	<p>8 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable &amp; Fruit Options OR BURGER &amp; CURLY FRY BAR</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.</p> <p><b>HealthierUS School</b></p>
<p>11 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée Vegetable &amp; Fruit Options OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>12 (9) Mini Pancakes w/ Syrup with 2 Slices of Fried Ham or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable &amp; Fruit Options OR SUB<sub>YOURWAY</sub> BAR</p>	<p>13 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or W. W. GOURMET PIZZA or Alternate Entrée BLACK BEANS &amp; RICE Vegetable &amp; Fruit Options OR PASTA &amp; SALAD BAR (meatballs)</p>	<p>14 W.W. MACARONI &amp; CHEESE or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE FRESH STEAMED BROCCOLI Vegetable &amp; Fruit Options OR ASIAN BAR <b>BONUS – CHOCOLATE CHIP GRIPZ</b></p>	<p>15 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable &amp; Fruit Options OR BURGER &amp; CURLY FRY BAR</p>		
<p>18 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée REFRIED BEANS W/ CHEESE Vegetable &amp; Fruit Options OR 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>19 <b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, bacon or sausage) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable &amp; Fruit Options OR TWINPOTLE BURRITO BAR</p>	<p>20 <b>THANKSGIVING FEAST</b> <b>SLICED TURKEY W/ STUFFING AND A W.W. ROLL</b> or W.W. PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> MASHED POTATOES BUTTERED CORN SWEET POTATOES <b>PICK 1: Fruit Options</b> <b>BONUS – APPLE CRISP</b></p>	<p>21 <b>BBQ RIB SANDWICH</b> ON A WW BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE OVEN SEASONED CURLY FRIES FRESH STEAMED BROCCOLI Vegetable &amp; Fruit Options OR ASIAN BAR</p>	<p>22 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable &amp; Fruit Options OR BURGER &amp; CURLY FRY BAR</p>		
<p>25 <b>TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BLACK BEANS &amp; RICE Vegetable &amp; Fruit Options OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL OVEN BAKED CURLY FRIES</p>	<p>26 <b>PRETZEL BUN</b> GRILLED CHEESE SANDWICH or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> FRESH STEAMED BROCCOLI W/ CHEESE SAUCE <b>PICK 1: Fruit Options</b> OR SUB<sub>YOURWAY</sub> BAR</p>	<p>27 <b>THANKSGIVING</b></p>	<p>28 <b>BREAK</b></p>	<p>29 <b>NO SCHOOL!</b></p>		
					<p>Main Line Alternative Entrees Breaded Chicken Sandwiches W.W. Cheeseburger (W.W.) BLACK BEAN BURGER (W.W.) Vegetarian Burrito Melt Gourmet Salads and Sub Sandwiches</p>	

