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.

LUNCH PRICE: \$2 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY All lunches include a 3 TIGRE TACO TREMENDO 5 TIGRE TACO TREMENDO 6 FINALLY FRY DAY CHOOSE FROM TACO SALAD, CHOOSE FROM TACO SALAD. SLOPPY JOE SANDWICH Fat-free Choc, Skim or 1% Milk 6 MINI W.G CORN DOGS (9) Mini Pancakes w/ Syrup NACHOS SUPREME OR 2 HARD OR NACHOS SUPREME OR 2 HARD OR ON A WW BUN Milk offered for .50 cents OR W. W. PEP OR CHEESE PIZZA with 2 Slices of Fried Ham SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or W. W. GOURMET PIZZA Prepay for 5 lunches for 13.75 or Alternate Entrée or (2) (W.W.) HOMEMADE CHEESY or (2) (W.W.) HOMEMADE CHEESY or Alternate Entrée OR ALTERNATE ENTREE or 10 lunches for \$27.50. R educed **BBQ BAKED BEANS** BREADSTICKS w/ sauce **BREADSTICKS w/ sauce OVEN SEASONED CURLY FRIES** Vegetable & Fruit Options 2 POTATO TRIANGLES price pre-paid lunches for \$2.00. OR ALTERNATE ENTREE OR ALTERNATE ENTREE Or 6 SPICY OR REG. POPCORN Vegetable & Fruit Options **GREEN BEANS** Breakfast available daily for \$1.50 REFRIED BEANS **BUTTERED CORN** CHICKEN W/ W.W. WW MINI OR CHICKEN PARMESAN W/ Vegetable & Fruit Options Vegetable & Fruit Options Vegetable & Fruit Options full price, .30 reduced-price, and PRETZEL - BBQ BAKED BEANS **GARLIC BREADSTICK & PASTA** or Burger & Curly Fry Bar OR TWINPOTLE BURRITO BAR **OR ASIAN BAR** FREE for all approved free students. 10 TIGRE TACO TREMENDO 11 12 TIGRE TACO TREMENDO 13 FINALLY FRY DAY? Our menus are CHOOSE FROM TACO SALAD, CHOOSE FROM TACO SALAD. W.G. PRETZEL BUN GRILLED planned by Registered **2 CHICKEN OR CHEESE** (2) WAFFLES W/ CHOICE OF NACHOS SUPREME OR 2 HARD OR NACHOS SUPREME OR 2 HARD OR CHEESE OR CHIPOTLE CHIX **QUESIDILLAS W/ TOPPINGS** TOPPING (Strawberries w/ whipped **Dietitian Mark Bindus** SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS SANDWICH OR W. W. PEP OR CHEESE PIZZA topping, Cinnamon Sugar Apples, Syrup or (2) (W.W.) HOMEMADE CHEESY or (2) (W.W.) HOMEMADE CHEESY OR W. W. PEP OR CHEESE PIZZA and are certified by with 2 Slices of Fried Ham or Alternate Entrée BREADSTICKS w/ sauce BREADSTICKS w/ sauce or Alternate Entrée the USDA to meet or **BUTTERED CORN** or W. W. GOURMET PIZZA OR ALTERNATE ENTREE OR ALTERNATE ENTREE 1/2 TWICE BAKED POTATO **Vegetable & Fruit Options** OR ALTERNATE ENTREE exceed the highest **BLACK BEANS AND RICE** BLACK BEANS AND RICE FRESH STEAMED BROCCOLI OR (8) W.G. CHICKEN FRIES 2 POTATO TRIANGLES standards required. Vegetable & Fruit Options Vegetable & Fruit Options **Vegetable & Fruit Options** WITH W.W.DINNER ROLL Vegetable & Fruit Options OR ASIAN BAR OR SUBYOURWAY BAR or Burger & TWICE BAKED Bar **MASHED POTATOES W/ GRAVY** OR PASTA & SALAD BAR HealthierUS School 20 FINALLY FRY DAY 17 TIGRE TACO TREMENDO 18 WHITE WHOLE GRAIN 19 TIGRE TACO TREMENDO CHICKEN BACON MOZZ SUB CHOOSE FROM TACO SALAD. BREAKFAST BAGEL CHOOSE FROM TACO SALAD. 2 W.W. POPCORN NACHOS SUPREME OR 2 HARD NACHOS SUPREME OR 2 HARD OR (egg, cheese, bacon or sausage) ON A WW BUN CHICKEN WRAPS OR SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS OR W. W. PEP OR CHEESE PIZZA or (2) (W.W.) HOMEMADE CHEESY The USDA is an equal OR W. W. PEP OR CHEESE PIZZA or (2) (W.W.) HOMEMADE CHEESY or (2) (W.W.) HOMEMADE CHEESY **BREADSTICKS w/ sauce** or Alternate Entrée BREADSTICKS w/ sauce BREADSTICKS w/ sauce or Alternate Entrée opportunity provider **BBQ BAKED BEANS** OR ALTERNATE ENTREE OR ALTERNATE ENTREE OR ALTERNATE ENTREE OVEN SEASONED CURLY FRIES **Vegetable & Fruit Options 2 POTATO TRIANGLES** and employer. REFRIED BEANS **BUTTERED CORN** Or 6 SPICY OR REG. POPCORN Vegetable & Fruit Options Vegetable & Fruit Options Vegetable & Fruit Options Vegetable & Fruit Options CHICKEN W/ W.W. WW MINI OR CHICKEN PARMESAN or Burger & Curly Fry Bar Or TURKEY & GRAVY OVER **PRETZEL - BBQ BAKED BEANS** OR ASIAN BAR SANDWICH & PASTA NOODI ES 100% FRUIT JUICE ONLY AVAILABLE AS A SIDE

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

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, Asst'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, Asst'd Can Fruit, Fresh Cantaloupe



BLACK BEANS & RICE

Vegetable & Fruit Options

OR (8) W.G. CHICKEN FRIES

WITH W.W.DINNER ROLL

OVEN BAKED CURLY FRIES

FRESH STEAMED BROCCOLI W/

CHEESE SAUCE

OR SUBYOURWAY BAR

PICK 1: Fruit Options

TWINSBURG WELLNESS – NOVEMBER 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.

LUNCH PRICE: \$2.75 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY 1 TIGRE TACO TREMENDO All lunches include a Breakfast now FRUIT & VEG OPTIONS: Monday, Wednesday, FRUIT & VEG OPTIONS: Tuesday and Thursdays Fat-free Choc. Skim or 1% Milk CHOOSE FROM TACO SALAD, available daily. Friday NACHOS SUPREME OR 2 HARD OR Milk offered for .50 cents SOFT TACOS WITH TOPPINGS PICK 2 VEGETABLES: Menued Hot Veg, Potato or PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Prepay for 5 lunches for 13.75 Click here for OR W. W. PEP OR CHEESE PIZZA Pasta, Small Romaine Salads, Baby Carrots, LF Cole Sliced Cucumbers w/ ranch. Small Romaine Salads. Baby or 10 lunches for \$27.50. R educed or Alternate Entrée price pre-paid lunches for \$2.00. **Breakfast Info** BUTTERED CORN PICK 2 FRUIT: 4 oz 100% Juice, Sliced Apples w/ PICK 2 FRUIT: 4 oz 100% Juice, Sliced Bananas w/ Choc Breakfast available daily for \$1.50 **Vegetable & Fruit Options** Caramel, Fresh Oranges, Fresh Cantaloupe, Syrup, Fresh Cantaloupe, Strawb, Fresh Oranges, Canned and Menu or Burger & Curly Fry Bar full price, .30 reduced-price, and Flavored Applesauce. Canned Pineapple & Pineapple & Canned Mandarin Oranges, Asst'd Canned Fruit 4 TIGRE TACO TREMENDO 6 TIGRE TACO TREMENDO **CHICKEN BACON MOZZ** 8 TIGRE TACO TREMENDO Our menus are CHOOSE FROM TACO SALAD. CHOOSE FROM TACO SALAD. SUB ON A WW BUN CHOOSE FROM TACO SALAD. NACHOS SUPREME OR 2 HARD OR NACHOS SUPREME OR 2 HARD OR NACHOS SUPREME OR 2 HARD OR or W.W. (2) HOMEMADE CHEESY planned by SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS **ELECTION DAY** BREADSTICKS w/ sauce OR W. W. PEP OR CHEESE PIZZA or W. W. GOURMET PIZZA Registered OR W. W. PEP OR CHEESE PIZZA OR ALTERNATE ENTREE or Alternate Entrée or Alternate Entrée or Alternate Entrée 1/2 Twice Baked Potato with Toppings **Dietitian Mark** REFRIED BEANS W/ CHEESE REFRIED BEANS W/ CHEESE BUTTERED CORN Vegetable & Fruit Options **Vegetable & Fruit Options** NO SCHOOL! Vegetable & Fruit Options Vegetable & Fruit Options Bindus and are OR ASIAN BAR Or 6 SPICY OR REG. POPCORN OR CHICKEN PARMESAN BONUS HOMEMADE CHOCOLATE certified by the CHICKEN W/ W.W. WW MINI or Burger & Curly Fry Bar **SANDWICH & PASTA PRETZEL - BBQ BAKED BEANS** RICE KRISPIE TREAT USDA to meet or 12 14 exceed the highest 11 TIGRE TACO TREMENDO 13 TIGRE TACO TREMENDO 15 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD. CHOOSE FROM TACO SALAD. W.W. MACARONI & CHEESE CHOOSE FROM TACO SALAD. (9) Mini Pancakes w/ Syrup standards NACHOS SUPREME OR 2 HARD OR NACHOS SUPREME OR 2 HARD NACHOS SUPREME OR 2 HARD OR or W.W. (2) HOMEMADE CHEESY with 2 Slices of Fried Ham SOFT TACOS WITH TOPPINGS OR SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS required. BREADSTICKS w/ sauce or (2) (W.W.) HOMEMADE CHEESY OR W. W. PEP OR CHEESE PIZZA or W. W. GOURMET PIZZA OR W. W. PEP OR CHEESE PIZZA OR ALTERNATE ENTREE BREADSTICKS w/ sauce or Alternate Entrée or Alternate Entrée or Alternate Entrée OR ALTERNATE ENTREE FRESH STEAMED BROCCOLI **BLACK BEANS & RICE** Vegetable & Fruit Options BUTTERED CORN **HealthierUS** Vegetable & Fruit Options 2 POTATO TRIANGLES OR (8) W.G. CHICKEN FRIES Vegetable & Fruit Options **Vegetable & Fruit Options** OR ASIAN BAR **Vegetable & Fruit Options** WITH W.W.DINNER ROLL OR PASTA & SALAD BAR **School MASHED POTATOES W/ GRAVY** OR SUBYOURWAY BAR **BONUS - CHOCOLATE CHIP GRIPZ** or Burger & Curly Fry Bar (meatballs) Main Line 18 TIGRE TACO TREMENDO 19 21 22 TIGRE TACO TREMENDO 20 Thanksgiving feast CHOOSE FROM TACO SALAD. CHOOSE FROM TACO SALAD. WHITE WHOLE GRAIN **BBQ RIB SANDWICH** Alternative Entrees SLICED TURKEY W/ STUFFING NACHOS SUPREME OR 2 HARD OR BREAKFAST BAGEL NACHOS SUPREME OR 2 HARD OR ON A WW BUN AND A W.W. ROLL Breaded Chicken Sandwiches W.W. SOFT TACOS WITH TOPPINGS **SOFT TACOS WITH TOPPINGS** (egg, cheese, bacon or sausage) or W.W. (2) HOMEMADE CHEESY or W.W. PEPPERONI OR CHEESE PIZZA Cheeseburger (W.W.) OR W. W. PEP OR CHEESE PIZZA OR W. W. PEP OR CHEESE PIZZA or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: VEGETABLES **BLACK BEAN BURGER (W.W.)** or Alternate Entrée or Alternate Entrée BREADSTICKS w/ sauce OR ALTERNATE ENTREE MASHED POTATOES REFRIED BEANS W/ CHEESE **Vegetarian Burrito Melt** BUTTERED CORN OR ALTERNATE ENTREE **BUTTERED CORN** OVEN SEASONED CURLY FRIES Vegetable & Fruit Options Gourmet Salads and Vegetable & Fruit Options **2 POTATO TRIANGLES** SWEET POTATOES FRESH STEAMED BROCCOLI Or 6 SPICY OR REG. POPCORN **Sub Sandwiches** Vegetable & Fruit Options PICK 1: Fruit Options Vegetable & Fruit Options CHICKEN W/ W.W. WW MINI OR TWINPOTLE BURRITO BAR or Burger & Curly Fry Bar **BONUS - APPLE CRISP OR ASIAN BAR** PRETZEL - BBQ BAKED BEANS 29 25TIGRE TACO TREMENDO PRETZEL BUN 27 28 GRILLED CHEESE SANDWICH CHOOSE FROM TACO SALAD, or (2) (W.W.) HOMEMADE CHEESY NACHOS SUPREME OR 2 HARD OR BREADSTICKS w/ sauce NO SCHOOL! SOFT TACOS WITH TOPPINGS THANKSGIVING BREAK OR W. W. PEP OR CHEESE PIZZA OR ALTERNATE ENTREE or Alternate Entrée PICK 2: VEGETABLES

The USDA is an equal opportunity provider and employer.