



# 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

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 2 FRUIT:** 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Fresh Cantaloupe, Flavored Applesauce, Canned Pineapple &

**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 2 FRUIT:** 4 oz 100% Juice, Sliced Bananas w/ Choc Syrup, Fresh Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit

1 **TIGRE TACO TREMENDO**  
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 & 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

4 **TIGRE TACO TREMENDO**  
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 & Fruit Options  
Or 6 SPICY OR REG. POPCORN  
CHICKEN W/ W.W. WW MINI  
PRETZEL - BBQ BAKED BEANS

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

6 **TIGRE TACO TREMENDO**  
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 & Fruit Options  
OR CHICKEN PARMESAN SANDWICH & PASTA

7 **CHICKEN BACON MOZZ**  
SUB ON A WW BUN  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
½ Twice Baked Potato with Toppings  
Vegetable & Fruit Options  
OR ASIAN BAR  
**BONUS HOMEMADE CHOCOLATE RICE KRISPIE TREAT**

8 **TIGRE TACO TREMENDO**  
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 & Fruit Options  
or Burger & Curly Fry Bar

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 **TIGRE TACO TREMENDO**  
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 & RICE  
Vegetable & Fruit Options  
OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL  
MASHED POTATOES W/ GRAVY

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 & Fruit Options  
OR SUB<sub>YOURWAY</sub> BAR

13 **TIGRE TACO TREMENDO**  
CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS  
or W. W. GOURMET PIZZA  
or Alternate Entrée  
BLACK BEANS & RICE  
Vegetable & Fruit Options  
OR PASTA & SALAD BAR (meatballs)

14  
W.W. MACARONI & CHEESE  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
FRESH STEAMED BROCCOLI  
Vegetable & Fruit Options  
OR ASIAN BAR  
**BONUS - CHOCOLATE CHIP GRIPZ**

15 **TIGRE TACO TREMENDO**  
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 & Fruit Options  
or Burger & Curly Fry Bar

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

18 **TIGRE TACO TREMENDO**  
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 & Fruit Options  
Or 6 SPICY OR REG. POPCORN  
CHICKEN W/ W.W. WW MINI  
PRETZEL - BBQ BAKED BEANS

19  
**WHITE WHOLE GRAIN BREAKFAST BAGEL**  
(egg, cheese, bacon or sausage)  
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
2 POTATO TRIANGLES  
Vegetable & Fruit Options  
OR TWINPOTLE BURRITO BAR

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

21  
**BBQ RIB SANDWICH**  
ON A WW BUN  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
OVEN SEASONED CURLY FRIES  
FRESH STEAMED BROCCOLI  
Vegetable & Fruit Options  
OR ASIAN BAR

22 **TIGRE TACO TREMENDO**  
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 & Fruit Options  
or Burger & Curly Fry Bar

25 **TIGRE TACO TREMENDO**  
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 & RICE  
Vegetable & Fruit Options  
OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL  
OVEN BAKED CURLY FRIES

26 **PRETZEL BUN**  
GRILLED CHEESE SANDWICH  
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
PICK 2: VEGETABLES  
FRESH STEAMED BROCCOLI W/ CHEESE SAUCE  
PICK 1: Fruit Options  
OR SUB<sub>YOURWAY</sub> BAR

27  
**THANKSGIVING**

28  
**BREAK**

29  
**NO SCHOOL!**





# TWINSBURG WELLNESS – OCTOBER 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
<p>Breakfast now available daily.</p> <p><a href="#">Click here for Breakfast Info and Menu</a></p>	<p>1 <b>WORLD VEGETARIAN DAY PRETZEL BUN GRILLED CHEESE SANDWICH (wG)</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE OVEN SEASONED CURLY FRIES FRESH STEAMED BROCCOLI Vegetable &amp; Fruit Options OR SUB<sup>YOURWAY</sup> BAR</p>	<p>2 <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</p> <p>OR PASTA &amp; SALAD BAR</p>	<p>3</p> <p>2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable &amp; Fruit Options</p> <p>OR ASIAN BAR</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 BLACK BEANS &amp; RICE Vegetable &amp; Fruit Options</p> <p>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 FREE for all approved free students.</p>
<p>7 <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 6 SPICY OR REG. POPCORN CHICKEN WITH W.W. WW MINI PRETZEL BBQ BAKED BEANS</p>	<p>8</p> <p>4 W.G. FRENCH TOAST STICKS 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 TURKEY &amp; GRAVY, ROLL, STUFFING &amp; MASHED POTATOES</p>	<p>9 <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</p> <p>OR CHICKEN PARMESAN SANDWICH &amp; PASTA</p>	<p>10</p> <p>BBQ RIB SANDWICH 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</p> <p>OR ASIAN BAR</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 REFRIED BEANS W/ CHEESE Vegetable &amp; Fruit Options</p> <p>or Burger &amp; Curly Fry Bar</p>	
<p>14 <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</p> <p>OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>15</p> <p>WHITE WHOLE GRAIN BREAKFAST BAGEL (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 SUB<sup>YOURWAY</sup> BAR</p>	<p>16 <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</p> <p>OR PASTA &amp; SALAD BAR (meatballs)</p>	<p>17</p> <p>CHICKEN BACON MOZZ 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</p> <p>OR ASIAN BAR</p>	<p>18</p> <p>NEOEADAY NO SCHOOL!</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>HealthierUS School</p>
<p>21 <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 6 SPICY OR REG. POPCORN CHICKEN WITH W.W. WW MINI PRETZEL BBQ BAKED BEANS</p>	<p>22</p> <p>(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</p> <p>OR TWINPOTLE BURRITO BAR</p>	<p>23 <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</p> <p>OR CHICKEN PARMESAN W/ BREADSTICK &amp; PASTA</p>	<p>24</p> <p>6 MINI W.G. MINI CORN DOGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE OVEN SEASONED CURLY FRIES / GREEN BEANS Vegetable &amp; Fruit Options</p> <p>OR ASIAN 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 REFRIED BEANS W/ CHEESE Vegetable &amp; Fruit Options</p> <p>or Burger &amp; Curly Fry Bar</p>	
<p>28 <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</p> <p>OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>29</p> <p>WHITE WHOLE GRAIN BREAKFAST BAGEL (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 SUB<sup>YOURWAY</sup> BAR</p>	<p>30 <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</p> <p>OR PASTA &amp; SALAD BAR</p>	<p>31 <b>HALLOWEEN</b> PRETZEL BUN GRILLED CHEESE SANDWICH (wG) or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE OVEN SEASONED CURLY FRIES FRESH STEAMED BROCCOLI Vegetable &amp; Fruit Options</p> <p>ORANGE SORBET (100% JUICE) OR ASIAN BAR</p>	<p>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots</p> <p>PICK 2 FRUIT: 4 oz 100% Juice, Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Canned Fruit</p>	