






TWINSBURG WELLNESS – FEBRUARY 2013 – THIS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.75
<p>Breakfast now available daily.</p> <p>Click here for Breakfast Info and Menu</p>	<p>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch PICK 2 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass'd Can Fruit, Fresh Cantaloupe</p>		<p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots PICK 2 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit</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>3</p> <p>6 MINI W.G CORN DOGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée MASHED POTATOES Vegetable & Fruit Options OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>4 TIGRE TACO TREMENDO 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 SUB^{YOURWAY} BAR</p>	<p>5 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR PASTA & SALAD BAR (MEATBALLS) W/ GARLIC ROLL</p>	<p>6 TIGRE TACO TREMENDO 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</p>	<p>7 FINALLY FRY DAY NEW 5 BBQ MEATBALLS W/ WW HOT SOFT PRETZEL OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée ½ TWICE BAKED POTATO Vegetable & Fruit Options or Burger & TWICE BAKED Bar</p>	
<p>10 CHICKEN BACON MOZZ SUB ON A WW HOAGIE 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</p>	<p>11 TIGRE TACO TREMENDO 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 TURKEY & GRAVY OVER NOODLES WITH A ROLL</p>	<p>12 (4) FRENCH TOAST 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</p>	<p>13 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) CHEESY Breadstox w/ sce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR BLUE RASPBERRY SORBET AVAILABLE IN PLACE OF MILK</p>	<p>14 VALENTINE'S DAY NO SCHOOL!</p>	
<p>17 PRESIDENT'S DAY NO SCHOOL!</p>	<p>18 TIGRE TACO TREMENDO 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 SUB^{YOURWAY} BAR</p>	<p>19 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR CHICKEN ALFREDO OVER PENNE PASTA W/ GARLIC BREADSTICK</p>	<p>20 TIGRE TACO TREMENDO 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</p>	<p>21  PEPPERONI OR CHEESE PIZZA or Alternate Entrée GREEN BEANS Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar</p>	<p>Our menus are planned by Registered Dietitian Mark Bindus and meet the highest standards required. Our menus are planned utilizing the USDA's dietary recommendations.</p>
<p>24 2 W.W. POPCORN CHICKEN WRAPS 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</p>	<p>25 TIGRE TACO TREMENDO 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 TWINPOTLE BURRITO BAR</p>	<p>26 (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 CHICKEN PARMESAN SANDWICH & PASTA</p>	<p>27 TIGRE TACO TREMENDO 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</p>	<p>28  PEPPERONI OR CHEESE PIZZA or Alternate Entrée GREEN BEANS Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar</p>	<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS BLACK BEAN BURGER CHEESE PIZZA AVAILABLE ON GOURMET PIZZA DAY!</p>



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<p>Breakfast now available daily.</p> <p>Click here for Breakfast Info and Menu</p>	<p>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch PICK 2 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass'd Can Fruit, Fresh Cantaloupe</p>		<p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots PICK 2 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit</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>6</p> <p>TEACHER WORK DAY</p> <p>NO SCHOOL!</p>	<p>7 TIGRE TACO TREMENDO 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 SUB^{YOURWAY} BAR</p>	<p>8 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 PASTA & SALAD BAR (MEATBALLS) W/ GARLIC ROLL</p>	<p>9 TIGRE TACO TREMENDO 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</p>	<p>10 FINALLY FRY DAY BBQ RIB SANDWICH ON A W.G. HOAGIE BUN or Sloppy Joe OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée ½ TWICE BAKED POTATO GREEN BEANS Vegetable & Fruit Options or Burger & Curly Fry Bar</p>	 <p>2014 TIGER WELLNESS WORKSHOP WHEN: Saturday, January 18th from 9am to noon WHERE: THS Commons</p> 
<p>13</p> <p>6 MINI W.G CORN DOGS 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</p>	<p>14 TIGRE TACO TREMENDO 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 TURKEY & GRAVY OVER MASHED POTATOES W/ STUFFING AND ROLL</p>	<p>15 (4) FRENCH TOAST 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</p>	<p>16 TIGRE TACO TREMENDO 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</p>	<p>17 FINALLY FRY DAY CHICKEN BACON MOZZ SUB ON A WW HOAGIE or Sloppy Joe OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES GREEN BEANS Vegetable & Fruit Options or Burger & Curly Fry Bar</p>	
<p>20</p> <p>MARTIN LUTHER KING JR DAY</p> <p>NO SCHOOL!</p>	<p>21 TIGRE TACO TREMENDO 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 SUB^{YOURWAY} BAR</p>	<p>22 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR PASTA & SALAD BAR W/ GARLIC ROLL</p>	<p>23 TIGRE TACO TREMENDO 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</p>	<p>24 FINALLY FRY DAY? 2 W.W. POPCORN CHICKEN WRAPS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée ½ TWICE BAKED POTATO Vegetable & Fruit Options or Burger & Curly Fry Bar</p>	<p>Our menus are planned by Registered Dietitian Mark Bindus and meet the highest standards required. Our menus are planned utilizing the USDA's dietary recommendations.</p>
<p>27</p> <p>2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée TEX MEX BAKED BEANS Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>28 TIGRE TACO TREMENDO 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 TWINPOTLE BURRITO BAR</p>	<p>29 (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 CHICKEN PARMESAN SANDWICH & PASTA</p>	<p>30 TIGRE TACO TREMENDO 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</p>	<p>31 FINALLY FRY DAY? W.G. PRETZEL BUN GRILLED CHEESE OR CHIPOTLE CHIX SANDWICH OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES FRESH STEAMED BROCCOLI Vegetable & Fruit Options</p>	<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS</p>