



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
REFRIED BEANS W/ CHEESE
Vegetable & Fruit Options
OR W.G. CHICKEN FRIES WITH W.W. DINNER ROLL
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 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 **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_{YOURWAY} 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
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
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_{YOURWAY} BAR

27
THANKSGIVING

28
BREAK

29
NO SCHOOL!



The USDA is an equal opportunity provider and employer.



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>Click here for Breakfast Info and Menu</p>	<p>1 WORLD VEGETARIAN DAY 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 & Fruit Options OR SUB_{YOURWAY} BAR</p>	<p>2 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</p> <p>OR PASTA & 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 & Fruit Options</p> <p>OR ASIAN BAR</p>	<p>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 BLACK BEANS & RICE Vegetable & Fruit Options</p> <p>or Burger & 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 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 Vegetable & 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 & Fruit Options Or TURKEY & GRAVY, ROLL, STUFFING & MASHED POTATOES</p>	<p>9 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</p> <p>OR CHICKEN PARMESAN SANDWICH & 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 & Fruit Options</p> <p>OR ASIAN BAR</p>	<p>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 REFRIED BEANS W/ CHEESE Vegetable & Fruit Options</p> <p>or Burger & Curly Fry Bar</p>	
<p>14 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 Vegetable & 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 & Fruit Options OR SUB_{YOURWAY} BAR</p>	<p>16 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</p> <p>OR PASTA & 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 & 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 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 Vegetable & 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 & Fruit Options OR TWINPOTLE BURRITO BAR</p>	<p>23 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</p> <p>OR CHICKEN PARMESAN W/ BREADSTICK & 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 & Fruit Options</p> <p>OR ASIAN BAR</p>	<p>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 REFRIED BEANS W/ CHEESE Vegetable & Fruit Options</p> <p>or Burger & Curly Fry Bar</p>	
<p>28 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 Vegetable & 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 & Fruit Options OR SUB_{YOURWAY} BAR</p>	<p>30 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</p> <p>OR PASTA & SALAD BAR</p>	<p>31 HALLOWEEN 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 & Fruit Options</p> <p>ORANGE SORBET (100% JUICE) OR ASIAN BAR</p>	<p>FRUIT & 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 & Canned Mandarin Oranges, Ass't'd Canned Fruit</p>	