



# 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>	



# TWINSBURG WELLNESS – SEPTEMBER 2013 – THIS MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p><b>LABOR DAY NO SCHOOL!</b></p>	<p>3</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 SUB<sub>YOURWAY</sub> BAR</p>	<p>4</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>OR PASTA &amp; SALAD BAR</p>	<p>5</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 OR ASIAN BAR</p>	<p>6</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>or Burger &amp; Curly Fry Bar</p>	<p>LUNCH PRICE: \$2.75 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.</p>
<p>9</p> <p><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. CHICKEN NUGGETS WITH W.W. WW MINI PRETZEL BBO BAKED BEANS</p>	<p>10</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 TURKEY &amp; GRAVY, STUFFING &amp; MASHED POTATOES</p>	<p>11</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>OR CHICKEN PARMESAN SANDWICH &amp; PASTA</p>	<p>12</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 OR ASIAN BAR</p>	<p>13</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>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>16</p> <p><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>17</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 OR SUB<sub>YOURWAY</sub> BAR</p>	<p>18</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>OR PASTA &amp; SALAD BAR (meatballs)</p>	<p>19</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 OR ASIAN BAR</p>	<p>20</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>or Burger &amp; Curly Fry Bar</p>	<p>Main Line Alternative Entrees</p> <p>Breaded Chicken Sandwiches W.W. Cheeseburger (W.W.) BLACK BEAN BURGER (W.W.) Vegetarian Burrito Melt Gourmet Salads and Wrap Sandwiches</p>
<p>23</p> <p><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. CHICKEN NUGGETS WITH W.W. WW MINI PRETZEL BBO BAKED BEANS</p>	<p>24</p> <p>NEW 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 TWINPOTLE BURRITO BAR</p>	<p>25</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>OR CHICKEN PARMESAN W/ BREADSTICK &amp; PASTA</p>	<p>26</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 OR ASIAN BAR</p>	<p>27</p> <p><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 OR SEASONED BLACK BEANS Vegetable &amp; Fruit Options</p> <p>or Burger &amp; Curly Fry Bar</p>	<p>A student must select a minimum of 4 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable. Most Entrees count as two items!</p>
<p>30</p> <p><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</p>	<p><b>FRUIT &amp; VEG OPTIONS: Monday, Wednesday, Friday</b> 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, Flavored Applesauce, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Canned Fruit, Fresh Watermelon</p>		<p><b>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</b> 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 Watermelon, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Canned Fruit</p>		

This institution is an equal opportunity provider.



# TWINSBURG WELLNESS – AUGUST 2013 – THIS MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## NEW OFFERINGS THIS FALL!

**TIGRE TACO TREMENDO** – CHOOSE FROM TACO SALAD, NACHO SUPREME OR TWO HARD OR SOFT TACOS WITH TOPPINGS- ALL WHOLE GRAIN WITH LOTS OF HEALTHY TOPPINGS – EVERY MONDAY, WEDNESDAY AND FRIDAYS

**BREAKFAST BAGEL SANDWICHES (WHITE WHOLE GRAIN) WITH EGG, CHEESE, BACON OR SAUSAGE**

**MINI CORN DOGS –TURKEY WITH WHOLE GRAIN BREADING**



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. Our menus and USDA's Choose MyPlate encourages students and adults to:

- Make half your plate veggies and fruits.
- Make at least half your grains whole grain.
- Choose Fat-Free Flavored Milk and 1% Low Fat Milk.
- Decrease Sweets and Refined Sugars

Our menus also provide all the essential nutrients and vitamins and meet the guidelines for fat (less than 30% of calories) and saturated fat (less than 10% of calories).

### 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, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit, Fresh Watermelon

### 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 Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit

**A student must select a minimum of 4 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable. Most Entrees count as two items!**

### LUNCH PRICE: \$2.75

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. R educed-price pre-paid lunches for \$2.00.

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NEW

**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

21 **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 OR SEASONED BLACK BEANS  
Vegetable & Fruit Options  
**OR PASTA & SALAD BAR**  
(meatballs)

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NEW

**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  
**OR ASIAN BAR**

23 **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 OR SEASONED BLACK BEANS  
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 Wrap Sandwiches

26 **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 (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY**

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(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**

28 **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 OR SEASONED BLACK BEANS  
Vegetable & Fruit Options  
**OR CHICKEN PARMESAN W/ BREADSTICK & PASTA**

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**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**

30 **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 OR SEASONED BLACK BEANS  
Vegetable & Fruit Options  
**or Burger & Curly Fry Bar**



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