#### TWINSBURG WELLNESS – OCTOBER 2013 – WILCOX & BISSELL MENU MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Breakfast now (6) W.G. CHICKEN FRIES WHOLE GRAIN CORN DOG W.W. CHICKEN PATTY SANDWICH available daily. W/ W.W.DINNER ROLL or W.W. PEPPERONI or W.W. (2) HOMEMADE CHEESY or W.W. (2) HOMEMADE BREADSTICKS / sce OR CHEESE PIZZA Click here for PICK 1 or 2: BUTTERED CORN CHEESY BREADSTICKS / sce PICK 1: 4 POTATO SMILES SLICED CUKES W/ DIP PICK 1 or 2: MASHED POTATOES / GRVY BABY CARROTS W/ DIP **Breakfast Info** ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS PICK 1: PEACHES PICK 1: CANNED PEARS FRESH APPLE SLICES w/ DIP Sliced Banana w/ CHOC, SYRUP WATERMELON WEDGE

and Menu (6) MINI PANCAKES W/ SYRUP with 1.5 oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA

BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE

SOFT TACO W/ TOPPINGS WITH FUNSIZE DORITOS BREADSTICKS / sce

BABY CARROTS w/ DIP WATERMELON WEDGE

**TURKEY & GRAVY W/ ROLL** or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1: MASHED POTATOES BABY CARROTS W/ DIP PICK 1: PINFAPPI F TIDBITS

Sliced Banana w/ CHOC. SYRUP BONUS - GRIPZ W.W. CHOCOLATE CHIP **GRAHAM COOKIES** 

NACHOS W/ REAL NACHO CHEESE SAUCE

OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: REFRIED BEANS W/ CHEESE BABY CARROTS w/ DIP

PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE

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. R educedprice pre-paid lunches for \$2.00. Breakfast available daily for \$1.50 full price, .30 reduced-price, and

FREE for all approved free students.

LUNCH PRICE: \$2

PICK 1 or 2: (2) POTATO TRIANGLES

MANDARIN ORANGES

NEW

WHITE WHOLE GRAIN

BREAKFAST BAGEL

(egg, cheese, bacon or sausage)

or W.W. PEPPERONI OR CHEESE PIZZA

BABY CARROTS W/ DIP

4 OZ ORANGE JUICE

PICK 1 or 2: (2) POTATO TRIANGLES

PICK 1: FLAVORED APPLESAUCE

or W.W. (2) HOMEMADE CHEESY

PICK 1 or 2: BUTTERED CORN PICK 1: CANNED PEARS

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POPCORN CHICKEN

W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY **BREADSTICKS** / sce

PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP

PICK 1: PEACHES FRESH APPLE SLICES w/ DIP

**GOLDFISH GRILLED CHEESE** SANDWICH (W.W.)

OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRIES W/ TOPPING

CINNAMON APPLESAUCE

**BONUS W.G. GOLDFISH GRAHAM** 

(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

PICK 1 or 2: MASHED POTATOES / Grvv ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE

5 WHOLE GRAIN MINI CORN DOGS

or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: FRESH STEAMED BROCCOLI W/ CHEESE SAUCE BABY CARROTS W/ DIP

PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP **BONUS - MINI RICE KRISPIE** 

W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY

BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN

SLICED CUKES W/ DIP PICK 1: STRAWBERRIES W/ TOPPING FRUIT PUNCH JELLO (100% JUICE) 18

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NEOEA DAY NO SCHOOL!

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**

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(3) FRENCH TOAST STIX W/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

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WW PASTA WITH 3 **MEATBALLS** AND A GARLIC **BREADSTICK** or W.W. (2) HOMEMADE CHEESY BRÉADSTICKS / sce

PICK 1: GREEN BEANS BABY CARROTS W/ DIP PICK 1: CANNED PEARS WATERMELON WEDGE 23

**TURKEY HOT DOG** ON A W.W. BUN

or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: Oven Baked Curly Fries BARY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS

Sliced Banana w/ CHOC, SYRUP **BONUS - FORTUNE COOKIE** 

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POPCORN CHICKEN

W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES

FRESH APPLE SLICES w/ DIP

Whole Wheat HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN

PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP

PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE

Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.

(6) MINI PANCAKES W/ SYRUP with 1.5oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES

BABY CARROTS W/ DIP

PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

PICK 1 or 2: MASHED POTATOES / Grvv ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE

WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP

PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC, SYRUP 31 HALLOWEEN CREEPY W.W. CHICKEN PATTY SANDWICH

or W.W. (2) CHEESY BREADSTICKS / sce PICK 1 or 2: BATTY BUTTERED CORN

SCREAMING SLICED CUKES W/ DIP PICK 1: PEACHES ORANGE SORBET (100% JUICE)

Fruit & Veggie Patrol

One time each month the Fruit and Veggie Patrol will be stopping by your school to try to catch you eating your fruits and

vegetables. Watch for our rainbow tie dye shirts and remember bring and eat your fruits and vegetables at lunch. It doesn't matter if you pack or buy, if you're eating it, you will get a fun foam sticker or prize!

#### TWINSBURG WELLNESS – SEPTEMBER 2013 – WILCOX & BISSELL MENU LUNCH PRICE: \$ MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY** All lunches include a Fat-free Choc, Skim or 1% Milk (6) W.G. CHICKEN FRIES WHOLE GRAIN CORN DOG W.W. CHICKEN PATTY SANDWICH NACHOS W/ REAL NACHO Milk offered for .50 cents W/ W.W.HOT SOFT PRETZEL ROD or W.W. PEPPERONI or W.W. (2) HOMEMADE CHEESY CHEESE SAUCE LABOR DAY Prepay for 5 lunches for 12.50 or W.W. (2) HOMEMADE BREADSTICKS / sce OR CHEESE PIZZA OR HOMEMADE 100% BEEF HAMBURGER OR CHEESY BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN CHEESEBURGER ON A WW BUN or 10 lunches for \$25.00. R educed-PICK 1: 4 POTATO SMILES NO SCHOOL! PICK 1 or 2: REFRIED BEANS W/ CHEESE SLICED CUKES W/ DIP price pre-paid lunches for \$2.00. PICK 1 or 2: MASHED POTATOES / GRVY BABY CARROTS W/ DIP BABY CARROTS w/ DIP PICK 1: STRAWBERRIES W/ TOPPING Breakfast available daily for \$1.50 ROMAINE SALAD w/ DRSG PICK 1: PEACHES PICK 1: PINEAPPLE CHUNKS CINNAMON APPLESAUCE full price, .30 reduced-price, and PICK 1: CANNED PEARS FRESH APPLE SLICES w/ DIP Sliced Banana w/ CHOC, SYRUP FREE for all approved free students. WATERMELON WEDGE 12 13 11 Our menus are (3) FRENCH TOAST STIX W/ SYRUP MEATBALL SUB W/ MOZZ WHITE WHOLE WHEAT GRILLED **TURKEY & GRAVY W/ ROLL** POPCORN CHICKEN planned by with 1.5 oz Slice of Fried Ham ON A WW HOTDOG BUN or W.W. PEPPERONI OR CHEESE PIZZA CHEESE SANDWICH W/ PICKLE With Goldfish GRAHAM COOKIE or W.W. PEPPERONI OR CHEESE PICK 1: MASHED POTATOES or W.W. (2) HOMEMADE OR HOMEMADE 100% BEEF HAMBURGER OR Registered or W.W. (2) HOMEMADE CHEESY CHEESEBURGER ON A WW BUN **PIZZA** CHEESY BREADSTICKS / sce BABY CARROTS W/ DIP BREADSTICKS / sce **Dietitian Mark** PICK 1 or 2: BKD SEASONED CURLY PICK 1 or 2: (2) POTATO TRIANGLES PICK 1: GREEN BEANS PICK 1: PINFAPPI F TIDBITS PICK 1 or 2: BBQ Baked Beans **FRIES** BABY CARROTS W/ DIP BABY CARROTS W/ DIP Sliced Banana w/ CHOC. SYRUP Bindus and are SLICED CUKES W/ DIP BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESAUCE PICK 1: CANNED PEARS BONUS – GRIPZ W.W. CHOCOLATE CHIP PICK 1: STRAWBERRIES W/ TOPPING PICK 1: PEACHES certified by the MANDARIN ORANGES WATERMELON WEDGE **GRAHAM COOKIES** CINNAMON APPLESAUCE FRESH APPLE SLICES w/ DIP USDA to meet or exceed the highest 16 **NEW** 19 (6) W.G. CHICKEN FRIES 5 WHOLE GRAIN MINI CORN W.W. CHICKEN PATTY

# WHITE WHOLE GRAIN

(egg. cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP

BREAKFAST BAGEL

PICK 1: FLAVORED APPLESAUCE **4 OZ ORANGE JUICE** 

W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

PICK 1 or 2: MASHED POTATOES / Grvv ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE

# DOGS

or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: FRESH STEAMED BROCCOLI W/ CHEESE SAUCE BABY CARROTS W/ DIP

PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP **BONUS - MINI RICE KRISPIE** 

### SANDWICH or W.W. (2) HOMEMADE CHEESY

BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN

SLICED CUKES W/ DIP PICK 1: STRAWBERRIES W/ TOPPING FRUIT PUNCH JELLO (100% JUICE)

#### NACHOS W/ REAL NACHO **CHEESE SAUCE**

OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: CRUNCHY CINNAMON

CHICKPEA SNACK BABY CARROTS w/ DIP

PICK 1: PEACHES FRESH APPLE SLICES w/ DIP standards

**HealthierUS School** 

required.

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(6) MINI PANCAKES W/ SYRUP with 1oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP

PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

Whole Grain CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

WATERMELON WEDGE

PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS

### **TURKEY HOT DOG** ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: 4 POTATO SMILES BABY CARROTS w/ DIP

PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP **BONUS - FORTUNE COOKIE** 

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## POPCORN CHICKEN

With Goldfish GRAHAM COOKIE or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: STRAWBERRIES W/TOPPING CINNAMON APPLESAUCE

#### Whole Wheat HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN

PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP

PICK 1: PEACHES FRESH APPLE SLICES w/ DIP



(3) FRENCH TOAST STIX W/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

## Fruit & Veggie Patrol

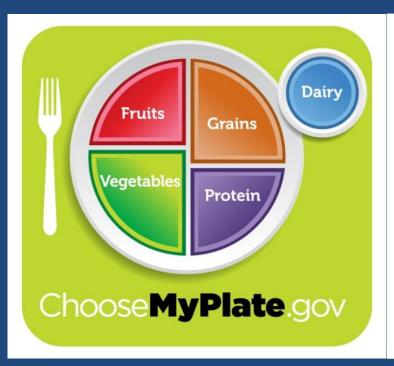
One time each month the Fruit and Veggie Patrol will be stopping by your school to try to catch you eating your fruits and vegetables. Watch for our rainbow tie dye shirts and remember bring and eat your fruits and vegetables at lunch. It doesn't matter if you pack or buy, if you're eating it, you will get a fun foam sticker or prize!

Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.

### TWINSBURG WELLNESS – AUGUST 2013 – WILCOX & BISSELL MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



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).

A student must select a minimum of 3 items to qualify as a reimbursable lunch!

### LUNCH PRICE: \$2.50

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. R educedprice pre-paid lunches for \$2.00.

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(6) W.G. CHICKEN FRIES WI W.W.HOT SOFT PRETZEL ROD or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY APPLESAUCE MANDARIN ORANGE SLICES NEW

5 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP

PICK 1: PINEAPPLE CHUNKS
Sliced Banana w/ CHOC. SYRUP

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W.W. CHICKEN PATTY SANDWICH

or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BKD SEASONED CURLY FRIES

SLICED CUKES W/ DIP PICK 1: WATERMELON WEDGE CINNAMON APPLESAUCE 23

NACHOS W/ REAL NACHO CHEESE SAUCE

OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: CRUNCHY CINNAMON

CHICKPEA SNACK
BABY CARROTS w/ DIP
PICK 1: PEACHES

FRESH APPLE SLICES w/ DIP

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Whole Wheat HOT SOFT PRETZEL
W/ REAL NACHO CHEESE SAUCE

OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP

PICK 1: PEACHES
FRESH APPLE SLICES w/ DIP

Dietitian Mark
Bindus and are
certified by the
USDA to meet or
exceed the highest

Our menus are

planned by

Registered

HealthierUS School

standards

required.

(6) MINI PANCAKES W/ SYRUP with 1oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES

BABY CARROTS W/ DIP

PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

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JUMBO CRUNCHY TACO
W/ TOPPINGS
WITH FUNSIZE DORITOS
or W.W. (2) HOMEMADE
CHEESY BREADSTICKS / sce

PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS WATERMELON WEDGE 28

TURKEY HOT DOG ON A W.W. BUN

or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BBQ Baked Beans BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS

Sliced Banana w/ CHOC. SYRUP BONUS – MINI RICE KRISPIE

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POPCORN CHICKEN
With Goldfish GRAHAM COOKIE
or W.W. (2) HOMEMADE CHEESY
BREADSTICKS / sce

PICK 1 or 2: ROMAINE SALAD /DRSG SLICED CUKES W/ DIP

PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE

This institution is an equal opportunity provider.