



TWINSBURG WELLNESS – OCTOBER 2013 – WILCOX & BISSELL MENU





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.50
<p>Breakfast now available daily.</p> <p>Click here for Breakfast Info and Menu</p>	<p>1</p> <p>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>2</p> <p>WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP</p> <p>PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>3</p> <p>W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BUTTERED CORN SLICED CUKES W/ DIP</p> <p>PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>4</p> <p>NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN</p> <p>PICK 1 or 2: REFRIED BEANS W/ CHEESE BABY CARROTS w/ DIP</p> <p>PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE</p>	<p>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.</p>
<p>7</p> <p>(6) MINI PANCAKES W/ SYRUP with 1.5 oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP</p> <p>PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>8</p> <p>SOFT TACO W/ TOPPINGS WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>9</p> <p>TURKEY & GRAVY W/ ROLL or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: MASHED POTATOES BABY CARROTS W/ DIP PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>10</p> <p>POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>11</p> <p> GOLDFISH GRILLED CHEESE SANDWICH (W.W.) OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN</p> <p>PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE BONUS W.G. GOLDFISH GRAHAM</p>	
<p>14</p> <p>NEW WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4 OZ ORANGE JUICE</p>	<p>15</p> <p>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>16</p> <p>5 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>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</p>	<p>17</p> <p>W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BUTTERED CORN SLICED CUKES W/ DIP PICK 1: STRAWBERRIES W/ TOPPING FRUIT PUNCH JELLO (100% JUICE)</p>	<p>18</p> <p>NEOEADAY NO SCHOOL!</p>	
<p>21</p> <p>(3) FRENCH TOAST STIX W/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>22</p> <p>WW PASTA WITH 3 MEATBALLS AND A GARLIC BREADSTICK or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1: GREEN BEANS BABY CARROTS W/ DIP PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>23</p> <p>TURKEY HOT DOG ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: Oven Baked Curly Fries BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP BONUS – FORTUNE COOKIE</p>	<p>24</p> <p>POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>25</p> <p>Whole Wheat HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN</p> <p>PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE</p>	<p>Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.</p>
<p>28</p> <p>(6) MINI PANCAKES W/ SYRUP with 1.5oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>29</p> <p>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>30</p> <p>WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: 4 POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>31 HALLOWEEN CREEPY W.W. CHICKEN PATTY SANDWICH or W.W. (2) CHEESY BREADSTICKS / sce</p> <p>PICK 1 or 2: BATTY BUTTERED CORN SCREAMING SLICED CUKES W/ DIP PICK 1: PEACHES ORANGE SORBET (100% JUICE)</p>	<p> 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!</p>	

This institution is an equal opportunity provider



TWINSBURG WELLNESS – SEPTEMBER 2013 – WILCOX & BISSELL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.50
<p>2</p> <p>LABOR DAY NO SCHOOL!</p>	<p>3</p> <p>(6) W.G. CHICKEN FRIES W/ 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: CANNED PEARS WATERMELON WEDGE</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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 CINNAMON APPLESAUCE</p>	<p>6</p> <p>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: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>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.</p>
<p>9</p> <p>(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</p>	<p>10</p> <p>MEATBALL SUB W/ MOZZ ON A WW HOTDOG BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1: GREEN BEANS BABY CARROTS w/ DIP PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>11</p> <p>TURKEY & GRAVY W/ ROLL or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: MASHED POTATOES BABY CARROTS w/ DIP PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>12</p> <p>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</p>	<p>13</p> <p>WHITE WHOLE WHEAT GRILLED CHEESE SANDWICH W/ PICKLE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: BKD SEASONED CURLY FRIES BABY CARROTS w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	
<p>16</p> <p>NEW WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESAUCE 4 OZ ORANGE JUICE</p>	<p>17</p> <p>(6) W.G. CHICKEN FRIES W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: MASHED POTATOES / Grvy ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS WATERMELON WEDGE</p>	<p>18</p> <p>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</p>	<p>19</p> <p>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)</p>	<p>20</p> <p>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</p>	
<p>23</p> <p>(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</p>	<p>24</p> <p>Whole Grain CHICKEN OR CHEESE QUESADILLA 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</p>	<p>25</p> <p>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</p>	<p>26</p> <p>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</p>	<p>27</p> <p>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</p>	
<p>30</p> <p>(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</p>	 <p>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!</p>				

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!

<p>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. Reduced-price pre-paid lunches for \$2.00.</p>	<p>20 (6) W.G. CHICKEN FRIES W/ 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</p>	<p>21 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</p>	<p>22 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</p>	<p>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</p>
<p>26 (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</p>	<p>27 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</p>	<p>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</p>	<p>29 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</p>	<p>30 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</p>

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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