





# TWINSBURG WELLNESS – MARCH 2014 – WILCOX & BISSELL MENU





| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | LUNCH PRICE: \$2.50  |
|---|--|--|---|--|--|
| <p>3</p> <p><b>(3) FRENCH TOAST STIX w/ SYRUP</b><br/>with 1.5 oz Slice of Fried Ham<br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b><br/>PICK 1 or 2:(2) POTATO TRIANGLES<br/>BABY CARROTS w/ DIP<br/>PICK 1: FLAVORED APPLESAUCE<br/>MANDARIN ORANGES</p>                     | <p>4</p> <p><b>(6) W.G. CHICKEN FRIES w/ W.W.DINNER ROLL</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b><br/>PICK 1 or 2: MASHED POTATOES / GRVY<br/>ROMAINE SALAD w/ DRSG<br/>PICK 1: CANNED PEARS<br/>4 <b>ORANGE WEDGES</b></p>  | <p>5</p> <p><b>WHOLE GRAIN CORN DOG</b><br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b><br/>PICK 1: <b>OVEN BAKED CURLY FRIES</b><br/>BABY CARROTS w/ DIP<br/>PICK 1: PINEAPPLE CHUNKS<br/><b>Sliced Banana w/ CHOC. SYRUP</b></p>        | <p>6</p> <p><b>4 BBQ MEATBALLS</b><br/>w/ MINI HOT SOFT PRETZEL<br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b><br/>PICK 1 or 2: <b>GREEN BEANS</b><br/>SLICED CUKES w/ DIP<br/>PICK 1: PEACHES<br/><b>FRESH APPLE SLICES w/ DIP</b><br/><b>BONUS – FUNSIZE RICE KRISPIE</b></p> | <p>7</p> <p><b>NACHOS w/ REAL NACHO CHEESE SAUCE</b><br/>OR HOMEMADE 100% BEEF HAMBURGER OR<br/><b>CHEESEBURGER ON A WW BUN</b><br/>PICK 1 or 2: <b>REFRIED BEANS w/ CHEESE</b><br/>BABY CARROTS w/ DIP<br/>PICK 1: SLICED STRAWBERRIES IN A CUP<br/>CINNAMON APPLESAUCE</p>                         | <p>All lunches include a Fat-free Choc, Skim or 1% Milk<br/>Milk offered for .50 cents<br/>Prepay for 5 lunches for 12.50<br/>or 10 lunches for \$25.00. R educed-price pre-paid lunches for \$2.00.<br/><b>Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</b></p> <p><b>NEW MENU FEATURE</b></p> <p><b>HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</b></p> <p>Students must select a minimum of 3 items to qualify as a reimbursable lunch!<br/>Students must take at least one fruit or vegetable.</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.<br/><b>HealthierUS School</b></p> |
| <p>10</p> <p><b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b><br/>(egg, cheese, <b>bacon or sausage</b>)<br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b><br/>PICK 1 or 2: SEASONED WEDGE FRIES<br/>BABY CARROTS w/ DIP<br/>PICK 1: FLAVORED APPLESAUCE<br/>4oz <b>ORANGE JUICE</b></p> | <p>11</p> <p><b>CHICKEN OR CHEESE QUESIDILLA WITH FUNSIZE DORITOS</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b><br/>PICK 1 or 2: BUTTERED CORN<br/>BABY CARROTS w/ DIP<br/>PICK 1: CANNED PEARS<br/><b>FRESH CANTALOUPE</b></p>   | <p>12</p> <p><b>TURKEY HOT DOG ON A W.W. BUN</b><br/>or W.W. PEPPERONI <b>OR CHEESE PIZZA</b><br/>PICK 1 or 2: <b>Oven Baked Curly Fries</b><br/>BABY CARROTS w/ DIP<br/>PICK 1: PINEAPPLE CHUNKS<br/><b>BLUE RASPBERRY SORBET</b></p> | <p>13</p> <p><b>POPCORN CHICKEN</b><br/>w/ W.W. MINI HOT SOFT PRETZEL<br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b><br/>PICK 1 or 2:<b>LITTLE POWERHOUSE LENTILS</b><br/>SLICED CUKES w/ DIP<br/>PICK 1: PEACHES<br/><b>FRESH APPLE SLICES w/ DIP</b></p>                      | <p>14</p> <p>Whole Wheat <b>HOT SOFT PRETZEL</b><br/><b>w/ REAL NACHO CHEESE SAUCE</b><br/>OR HOMEMADE 100% BEEF HAMBURGER OR<br/><b>CHEESEBURGER ON A WW BUN</b><br/>PICK 1 or 2: FRESH STEAM BROCCOLI<br/>BABY CARROTS w/ DIP<br/>PICK 1: SLICED STRAWBERRIES IN A CUP<br/>CINNAMON APPLESAUCE</p> |  |
| <p>17</p> <p><b>(6) MINI PANCAKES w/ SYRUP</b><br/>with 1.5 oz Slice of Fried Ham<br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b><br/>PICK 1 or 2: (2) POTATO TRIANGLES<br/>BABY CARROTS w/ DIP<br/>PICK 1: FLAVORED APPLESAUCE<br/>4oz <b>ORANGE JUICE</b></p>                | <p>18</p> <p><b>POPCORN CHICKEN w/ W.W.DINNER ROLL</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b><br/>PICK 1 or 2: SEASONED WEDGE FRIES<br/>ROMAINE SALAD w/ DRSG<br/>PICK 1: CANNED PEARS<br/>4 <b>ORANGE WEDGES</b></p>  | <p>19</p> <p><b>5 WHOLE GRAIN MINI CORN DOGS</b><br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b><br/>PICK 1: (2) POTATO TRIANGLE<br/>BABY CARROTS w/ DIP<br/>PICK 1: PINEAPPLE CHUNKS<br/><b>Sliced Banana w/ CHOC. SYRUP</b></p>         | <p>20</p> <p><b>W.W. CHICKEN PATTY SANDWICH</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b><br/>PICK 1 or 2: <b>BBQ Baked Beans</b><br/>SLICED CUKES w/ DIP<br/>PICK 1: PEACHES<br/><b>FRESH APPLE SLICES w/ DIP</b><br/><b>BONUS – FUNSIZE RICE KRISPIE</b></p>             | <p>21</p> <p><b>GRILLED CHEESE SANDWICH (W.W.)</b><br/>OR HOMEMADE <b>SLOPPY JOE SANDWICH ON A WW BUN</b><br/>PICK 1 or 2: <b>OVEN BAKED CURLY FRIES</b><br/>ROMAINE SALAD w/ DRSG<br/>PICK 1: SLICED STRAWBERRIES IN A CUP<br/>CINNAMON APPLESAUCE<br/><b>BONUS FORTUNE COOKIE</b></p>              |  |
| <p>24</p>    | <p><b>SPRING BREAK – NO SCHOOL!</b><br/><b>MARCH 24<sup>TH</sup> -28<sup>TH</sup></b></p>  |  |   | <p>28</p>   |  |
| <p>31</p> <p><b>(3) FRENCH TOAST STIX w/ SYRUP</b><br/>with 1.5 oz Slice of Fried Ham<br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b><br/>PICK 1 or 2:(2) POTATO TRIANGLES<br/>BABY CARROTS w/ DIP<br/>PICK 1: FLAVORED APPLESAUCE<br/>4oz <b>ORANGE JUICE</b></p>             | <p> <b>Fruit &amp; Veggie Patrol</b><br/>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> |  |   | <p>Breakfast now available daily.<br/><a href="#">Click here for Breakfast Info and Menu</a></p>   |  |



# TWINSBURG WELLNESS – APRIL 2014 – WILCOX & BISSELL MENU



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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | LUNCH PRICE: \$2.50  |
|--|--|--|---|---|--|
| <p><b>Don't miss the 2014 TigerFit Fun Run on Saturday, April 26<sup>th</sup> at 10am</b></p> <p><a href="#"><u>REGISTRATION INFO</u></a></p>  | <p>1</p> <p><b>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG<br/>PICK 1: CANNED PEARS<br/>4 ORANGE WEDGES</p>                      | <p>2</p> <p><b>4 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL</b><br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b></p> <p>PICK 1 or 2: GREEN BEANS<br/>BABY CARROTS W/ DIP<br/>PICK 1: PINEAPPLE CHUNKS<br/><b>BLUE RASPBERRY SORBET (100% JUICE)</b></p>                            | <p>3</p> <p><b>W.W. CHICKEN PATTY SANDWICH</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1 or 2: <b>CRUNCHY CINNAMON CHICKPEA SNACK</b><br/>SLICED CUKES W/ DIP<br/>PICK 1: PEACHES<br/>FRESH APPLE SLICES w/ DIP<br/>BONUS – FUNSIZE RICE KRISPIE</p>   | <p>4</p> <p>Whole Wheat <b>HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b><br/>OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN<br/>PICK 1 or 2: FRESH STEAM BROCCOLI<br/>BABY CARROTS W/ DIP<br/>PICK 1: SLICED STRAWBERRIES IN A CUP<br/>CINNAMON APPLESAUCE</p> | <p>All lunches include a Fat-free Choc, Skim or 1% Milk<br/>Milk offered for .50 cents<br/>Prepay for 5 lunches for 12.50 or 10 lunches for \$25.00. R educed-price pre-paid lunches for \$2.00.<br/><b>Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</b></p> |
| <p>7</p> <p><b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b><br/>(egg, cheese, <b>bacon or sausage</b>)<br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b></p> <p>PICK 1 or 2: SEASONED WEDGE FRIES<br/>BABY CARROTS W/ DIP<br/>PICK 1: FLAVORED APPLESAUCE<br/>4oz ORANGE JUICE</p> | <p>8</p> <p><b>CHICKEN OR CHEESE QUESIDILLA WITH FUNSIZE DORITOS</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1 or 2: BUTTERED CORN<br/>BABY CARROTS w/ DIP<br/>PICK 1: CANNED PEARS<br/>LUNCH BUNCH GRAPES</p>                  | <p>9</p> <p><b>WHOLE GRAIN CORN DOG</b><br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b></p> <p>PICK 1: <b>OVEN BAKED CURLY FRIES</b><br/>BABY CARROTS W/ DIP<br/>PICK 1: PINEAPPLE CHUNKS<br/><b>Sliced Banana w/ CHOC. SYRUP</b></p>   | <p>10</p> <p><b>POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1 or 2: BBQ Baked Beans<br/>SLICED CUKES W/ DIP<br/>PICK 1: PEACHES<br/>FRESH APPLE SLICES w/ DIP</p>  | <p>11</p> <p><b>NACHOS W/ REAL NACHO CHEESE SAUCE</b><br/>OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN<br/>PICK 1 or 2: REFRIED BEANS W/ CHEESE<br/>BABY CARROTS w/ DIP<br/>PICK 1: SLICED STRAWBERRIES IN A CUP<br/>CINNAMON APPLESAUCE</p>                   | <p><b>NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</b></p>  |
| <p>14</p> <p><b>(3) FRENCH TOAST STIX W/ SYRUP</b><br/>with 1.5 oz Slice of Fried Ham<br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b></p> <p>PICK 1 or 2: (2) POTATO TRIANGLES<br/>BABY CARROTS W/ DIP<br/>PICK 1: FLAVORED APPLESAUCE<br/>4oz ORANGE JUICE</p>           | <p>15</p> <p><b>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1 or 2: SEASONED WEDGE FRIES<br/>ROMAINE SALAD w/ DRSG<br/>PICK 1: CANNED PEARS<br/>4 ORANGE WEDGES</p>                   | <p>16</p> <p><b>TURKEY &amp; GRAVY W/ ROLL</b><br/>or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 1: MASHED POTATOES<br/>BABY CARROTS W/ DIP<br/>PICK 1: PINEAPPLE TIDBITS<br/><b>Sliced Banana w/ CHOC. SYRUP</b><br/>BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p> | <p>17</p> <p><b>NO SCHOOL!</b></p>  | <p>18</p> <p><b>GOOD FRIDAY</b></p> <p><b>NO SCHOOL!</b></p>  | <p><b>26 TIGERFIT FUN RUN</b></p> <p><b>2014 TigerFit Fun Run</b></p>  <p>Click on Tiger for registration info!</p>   |
| <p>21</p> <p><b>NO SCHOOL!</b></p>   | <p>22</p> <p><b>MEATBALL SUB W/ MOZZ ON A WW HOTDOG BUN</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1: GREEN BEANS<br/>BABY CARROTS W/ DIP<br/>PICK 1: CANNED PEARS<br/>LUNCH BUNCH GRAPES<br/>BONUS – FUNSIZE RICE KRISPIE</p> | <p>23</p> <p><b>5 WHOLE GRAIN MINI CORN DOGS</b><br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b></p> <p>PICK 1: (2) POTATO TRIANGLE<br/>BABY CARROTS W/ DIP<br/>PICK 1: PINEAPPLE CHUNKS<br/><b>Sliced Banana w/ CHOC. SYRUP</b></p>  | <p>24</p> <p><b>POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1 or 2: BBQ Baked Beans<br/>SLICED CUKES W/ DIP<br/>PICK 1: PEACHES<br/>FRESH APPLE SLICES w/ DIP</p>  | <p>25</p> <p><b>GRILLED CHEESE SANDWICH (W.W.)</b><br/>OR HOMEMADE SLOPPY JOE SANWICH ON A WW BUN<br/>PICK 1 or 2: <b>OVEN BAKED CURLY FRIES</b><br/>ROMAINE SALAD w/ DRSG<br/>PICK 1: SLICED STRAWBERRIES IN A CUP<br/>CINNAMON APPLESAUCE<br/>BONUS FORTUNE COOKIE</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>28</p> <p><b>(6) MINI PANCAKES W/ SYRUP</b><br/>with 1.5 oz Slice of Fried Ham<br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b></p> <p>PICK 1 or 2: (2) POTATO TRIANGLES<br/>BABY CARROTS W/ DIP<br/>PICK 1: FLAVORED APPLESAUCE<br/>4oz ORANGE JUICE</p>               | <p>29</p> <p><b>(6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL</b><br/>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / see</b></p> <p>PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG<br/>PICK 1: CANNED PEARS<br/>4 ORANGE WEDGES</p>                     | <p>30</p> <p><b>TURKEY HOT DOG ON A W.W. BUN</b><br/>or W.W. PEPPERONI OR <b>CHEESE PIZZA</b></p> <p>PICK 1 or 2: <b>Oven Baked Curly Fries</b><br/>BABY CARROTS w/ DIP<br/>PICK 1: PINEAPPLE CHUNKS<br/><b>BLUE RASPBERRY SORBET (100% JUICE)</b></p>                     | <p> <b>Fruit &amp; Veggie Patrol</b></p> <p>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> |   |  |

The USDA is an equal opportunity provider and employer.