



TWINSBURG WELLNESS – MAY 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>Breakfast now available daily. Click here for Breakfast Info and Menu</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>		<p>1 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: FRESH STEAM BROCCOLI W/ CHEESE SAUCE SLICED CUKES W/ DIP PICK 1:: PEACHES FRESH APPLE SLICES w/ DIP BONUS – FUNSIZE RICE KRISPIE</p>	<p>2 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: SLICED STRAWBERRIES IN A CUP 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>5 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE</p>	<p>6 W.G. JUMBO CRUNCHY OR SOFT TACO WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS MANDARIN ORANGES</p>	<p>7 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>8 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>9 GRILLED CHEESE SANDWICH (W.W.) OR HOMEMADE SLOPPY JOE SANDWICH ON A WW BUN PICK 1 or 2: OVEN BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE BONUS FORTUNE COOKIE</p>	<p>NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</p>
<p>12 (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 4oz ORANGE JUICE</p>	<p>13 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: SEASONED WEDGE FRIES ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS 4 ORANGE WEDGES</p>	<p>14 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>15 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: CRISPY CINNAMON CHICKPEA SNACK SLICED CUKES W/ DIP PICK 1:: PEACHES FRESH APPLE SLICES w/ DIP BONUS – FUNSIZE RICE KRISPIE</p>	<p>16 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: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE</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. HealthierUS School</p>
<p>19 (6) MINI PANCAKES W/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE</p>	<p>20 CHICKEN OR CHEESE QUESIDILLA WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS FRUIT PUNCH JELLO (100% JUICE)</p>	<p>21 5 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>22 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>23 W.W. MACARONI AND CHEESE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP PICK 1: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE</p>	<p>MONDAY, JUNE 2ND (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: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE</p>
<p>26 MEMORIAL DAY! NO SCHOOL!</p>	<p>27 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS 4 ORANGE WEDGES</p>	<p>28 POPCORN CHICKEN WRAP (Served hot in a whole grain tortilla) WITH LETTUCE AND CHEESE or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: Oven Baked Curly Fries BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>29 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: SWEET POTATO WEDGE FRIES SLICED CUKES W/ DIP PICK 1:: PEACHES FRESH APPLE SLICES w/ DIP BONUS – FUNSIZE RICE KRISPIE</p>	<p>30 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: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE</p>	<p>TUESDAY, JUNE 3RD HOT DOG W/ TOPPING BONUS - ASST'D CHIPS OR SNACK or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>

The USDA is an equal opportunity provider and employer.



TWINSBURG WELLNESS – APRIL 2014 – WILCOX & BISSELL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast now available daily. Click here for Breakfast Info and Menu</p>	<p>1 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS 4 ORANGE WEDGES</p>	<p>2 4 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: GREEN BEANS BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS BLUE RASPBERRY SORBET (100% JUICE)</p>	<p>3 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: CRUNCHY CINNAMON CHICKPEA SNACK SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS – FUNSIZE RICE KRISPIE</p>	<p>4 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: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE</p>
<p>7 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE</p>	<p>8 CHICKEN OR CHEESE QUESIDILLA WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS LUNCH BUNCH GRAPES</p>	<p>9 WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>10 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>11 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: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE</p>
<p>14 (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 4oz ORANGE JUICE</p>	<p>15 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: SEASONED WEDGE FRIES ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS 4 ORANGE WEDGES</p>	<p>16 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>17 W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: LENTILS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS – FUNSIZE RICE KRISPIE</p>	<p>18 GOOD FRIDAY NO SCHOOL!</p>
<p>21 NO SCHOOL!</p>	<p>22 MEATBALL SUB W/ MOZZ ON A WW HOTDOG BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1: GREEN BEANS BABY CARROTS W/ DIP PICK 1: CANNED PEARS LUNCH BUNCH GRAPES BONUS – FUNSIZE RICE KRISPIE</p>	<p>23 5 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: (2) POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>24 POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>25 GRILLED CHEESE SANDWICH (W.W.) OR HOMEMADE SLOPPY JOE SANWICH ON A WW BUN PICK 1 or 2: OVEN BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: SLICED STRAWBERRIES IN A CUP CINNAMON APPLESAUCE BONUS FORTUNE COOKIE</p>
<p>28 (6) MINI PANCAKES 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 4oz ORANGE JUICE</p>	<p>29 (6) W.G. CHICKEN FRIES W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / see PICK 1 or 2: MASHED POTATOES / GRVY ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS 4 ORANGE WEDGES</p>	<p>30 TURKEY HOT DOG ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: Oven Baked Curly Fries BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS BLUE RASPBERRY 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>	

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. educed-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.

NEW MENU FEATURE
HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!

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

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