



# TWINSBURG WELLNESS – FEBRUARY 2014 – DODGE 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: \$2.75	
<p>Breakfast now available daily.</p> <p><a href="#">Click here for Breakfast Info and Menu</a></p>	<p><b>FRUIT &amp; VEG OPTIONS:</b> Monday, Wednesday, Friday</p> <p><b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch</p> <p><b>PICK 1 FRUIT:</b> 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple &amp; Canned Mandarin Oranges, Asst'd Can Fruit, Fresh Cantaloupe</p>		<p><b>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</b></p>		<p><b>FRUIT &amp; VEG OPTIONS:</b> Tuesday and Thursdays</p> <p><b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots</p> <p><b>PICK 1 FRUIT:</b> Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Asst'd Canned Fruit</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. R 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>3</p> <p><b>(8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL</b> or W. W. PEPPERONI <b>OR CHEESE PIZZA</b> or Alternate Entrée</p> <p><b>PICK 2: VEGETABLES</b> MASHED POTATOES W/GRVY</p> <p><b>PICK 1: Fruit Options</b></p>	<p>4 <b>TACO TUESDAYS</b></p> <p><b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: Vegetables</b> (REFRIED BEANS WITH CHEESE)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>5</p> <p><b>(4) FRENCH TOAST STIX W/ SYRUP</b> w/ 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> ((2) POTATO TRIANGLES)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>6 <b>NEW</b></p> <p><b>5 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL</b> or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> FRESH STEAMED BROCCOLI W/ CHEESE SAUCE</p> <p><b>PICK 1: Fruit Options</b></p> <p><b>BONUS – FUNSIZE RICE KRISPY TREAT</b></p>	<p>7</p> <p><b>BACON CHEESE BURGER</b> ON A W.W. BUN or W.W. PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX</p> <p><b>PICK 1: Fruit Options</b></p>		
<p>10</p> <p><b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEP. <b>OR CHEESE PIZZA</b> or Alternate Entrée</p> <p><b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>11 <b>TACO TUESDAYS</b></p> <p><b>2 SOFT TACOS WITH TOPPINGS</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: Vegetables</b> (BUTTERED CORN)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>12</p> <p><b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, bacon or sausage) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> SEASONED WEDGE FRIES</p> <p><b>PICK 1: Fruit Options</b></p>	<p>13 <b>NEW ITZA ITALIA</b></p> <p><b>CHICKEN ALFREDO OR ALFREDO SAUCE OVER w.w. PENNE PASTA W/ GARLIC BREAD ROLL</b> or W.W. (2) <b>CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES – GREEN BEANS</b></p> <p><b>PICK 1: Fruit Options</b></p> <p><b>Berry &amp; Lemon Swirl or Watermelon SORBET (100% JUICE)</b></p>	<p>14</p> <p><b>VALENTINE'S DAY</b></p> <p><b>NO SCHOOL!</b></p>		<p><b>NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</b></p>
<p>17</p> <p><b>PRESIDENTS' DAY</b></p> <p><b>NO SCHOOL!</b></p>	<p>18 <b>TACO TUESDAYS</b></p> <p><b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: Vegetables</b> (CRISPY CINNAMON CHICKPEA SNACK)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>19 <b>NEW</b></p> <p><b>SWEET N' SOUR POPCORN CHICKEN</b> OVER LO MEIN NOODLES (W.W.) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> RED &amp; GREEN PEPPERS</p> <p><b>PICK 1: Fruit Options</b></p> <p><b>BONUS – FORTUNE COOKIE</b></p>	<p>20</p> <p><b>TURKEY &amp; GRAVY OVER NOODLES W/ W.W. ROLL</b> or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES – (GREEN BEANS)</b></p> <p><b>PICK 1: Fruit Options</b></p> <p><b>APPLE CRISP</b></p>	<p>21</p> <p><b>BBQ RIB SANDWICH</b> ON WW HOAGIE or W.W. PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES</p> <p><b>PICK 1: Fruit Options</b></p> <p><b>BONUS – FUNSIZE RICE KRISPY</b></p>	<p>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.</p>	
<p>24</p> <p><b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEP. <b>OR CHEESE PIZZA</b> or Alternate Entrée</p> <p><b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>25 <b>TACO TUESDAYS</b></p> <p><b>2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS</b> or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / sce</b></p> <p><b>PICK 2: Vegetables</b> (BUTTERED CORN)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>26</p> <p><b>(9) MINI PANCAKES W/ SYRUP</b> with 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> ((2) POTATO TRIANGLES)</p> <p><b>PICK 1: Fruit Options</b></p>	<p>27</p> <p><b>ITZA ITALIA</b></p> <p><b>MEATBALL SUB W/ MOZZ ON A W.W. HOAGIE</b> or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> W.W. PASTA W/ MARINARA SAUCE GREEN BEANS</p> <p><b>PICK 1: Fruit Options</b></p>	<p>28 <b>NEW</b></p> <p><b>2 POPCORN CHICKEN WRAPS WITH TOPPINGS</b> or W.W.W PEPPERONI <b>OR CHEESE PIZZA</b> OR ALTERNATE ENTREE</p> <p><b>PICK 2: VEGETABLES</b> ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS</p> <p><b>PICK 1: Fruit Options</b></p>	<p><b>ALTERNATE ENTREES</b> Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES OR WRAPS <b>CHEESE PIZZA AVAILABLE ON GOURMET PIZZA DAY!</b></p>	



# TWINSBURG WELLNESS – JANUARY 2014 – DODGE MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE
<p>Breakfast now available daily. <a href="#">Click here for Breakfast Info and Menu</a></p>	<p><b>FRUIT &amp; VEG OPTIONS:</b> Monday, Wednesday, Friday</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple &amp; Canned Mandarin Oranges, Ass'd Can Fruit, Fresh Cantaloupe</p>		<p><b>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</b></p> <p><b>FRUIT &amp; VEG OPTIONS:</b> Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Ass'd Canned Fruit</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>6 <b>TEACHER WORK DAY</b>  <b>NO SCHOOL!</b></p>	<p>7 <b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>8 <b>(4) FRENCH TOAST STIX W/ SYRUP</b> w/ 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>9 <b>IT'ZA ITALIA</b> <b>CHICKEN PARMESAN SANDWICH</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options</p>	<p>10 <b>BBQ RIB SANDWICH ON A W.W. HOAGIE</b> or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) (BUTTERED CORN) PICK 1: Fruit Options <b>BONUS – FORTUNE COOKIE</b></p>	
<p>13 <b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W. MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>14 <b>TACO TUESDAYS</b> <b>2 SOFT TACOS WITH TOPPINGS</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>15 <b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: Fruit Options</p>	<p>16 <b>IT'ZA ITALIA</b> <b>W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA</b> w/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options <b>Berry &amp; Lemon Swirl FRZ TREAT</b></p>	<p>17 <b>BACON CHEESE BURGER ON A W.W. BUN</b> or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX PICK 1: Fruit Options</p>	
<p>20 <b>MARTIN LUTHER KING JR DAY</b>  <b>NO SCHOOL!</b></p>	<p>21 <b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CRISPY CINNAMON CHICKPEA SNACK) PICK 1: Fruit Options</p>	<p>22 <b>GENERAL TSO'S CHICKEN</b> w/ BROWN RICE or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ORIENTAL VEGETABLES PICK 1: Fruit Options <b>BONUS – FORTUNE COOKIE</b></p>	<p>23 <b>GRILLED CHEESE OR SLOPPY JOE ON A WW BUN</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>24 <b>6 WHOLE GRAIN MINI CORN DOGS</b> or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options <b>FRUIT PUNCH JELLO (100% JUICE)</b></p>	<p>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.</p>
<p>27 <b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W. MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>28 <b>TACO TUESDAYS</b> <b>2 Whole Grain CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>29 <b>(9) MINI PANCAKES W/ SYRUP</b> with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>30 <b>IT'ZA ITALIA</b> <b>W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA</b> w/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options <b>WATERMELON FRZ TREAT</b></p>	<p>31 <b>CHICKEN BACON MOZZ SUB ON WW HOAGIE</b> or W.W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 1: Fruit Options <b>Bonus – Mini Rice Krispie Treat</b></p>	<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES OR WRAPS</p>