



# TWINSBURG WELLNESS – MARCH 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>3</p> <p><b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or W. W. PEP. <b>OR CHEESE PIZZA</b> or Alternate Entrée</p> <p><b>PICK 2: VEGETABLES</b> MASHED POTATOES W/GRVY <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) <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) <b>PICK 1: Fruit Options</b></p>	<p>6</p> <p><b>CHICKEN BACON MOZZ SUB</b> ON WW HOAGIE 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> <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> FISH SANDWICH AVAILABLE!</p>	 <p><b>NEW MENU FEATURE</b> <b>HIGHLIGHTING</b> <b>INDICATES</b> <b>VEGETARIAN</b> <b>ENTRÉE OPTION</b> <b>THAT IS AVAILABLE</b> <b>FOR THE DAY!</b></p>	
<p>10</p> <p><b>(8) W.G. CHICKEN FRIES</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) <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) <b>PICK 1: Fruit Options</b></p>	<p>12</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 <b>PICK 1: Fruit Options</b> <b>BONUS – FORTUNE COOKIE</b></p>	<p>13</p> <p><b>TURKEY &amp; GRAVY 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:</b> MASHED POTATOES</p> <p><b>PICK 1: Fruit Options</b> <b>BONUS – GRIPZ CHOC CHIP</b></p>	<p>14</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> (OVEN BAKED CURLY FRIES) <b>PICK 1: Fruit Options</b> FISH SANDWICH AVAILABLE!</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>17</p> <p><b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or W. W. PEP. <b>OR CHEESE PIZZA</b> or Alternate Entrée</p> <p><b>PICK 2: VEGETABLES</b> MASHED POTATOES W/GRVY <b>PICK 1: Fruit Options</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) <b>PICK 1: Fruit Options</b></p>	<p>19</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 <b>PICK 1: Fruit Options</b></p>	<p>20</p> <p><b>ITZA ITALIA</b> <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> <b>PICK 1: Fruit Options</b> BLUE RASPBERRY SORBET (100% JUICE)</p>	<p>21</p> <p><b>5 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL</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> <b>BONUS – FUNSIZE RICE KRISPY TREAT</b></p>		
	<p><b>SPRING BREAK – NO SCHOOL!</b> <b>MARCH 24<sup>TH</sup> -28<sup>TH</sup></b></p>					
<p>31</p> <p><b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or W. W. PEP. <b>OR CHEESE PIZZA</b> or Alternate Entrée</p> <p><b>PICK 2: VEGETABLES</b> MASHED POTATOES W/GRVY <b>PICK 1: Fruit Options</b></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 <b>PICK 1 FRUIT:</b> 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple &amp; Canned Mandarin Oranges, Ass'd Can Fruit, Cantaloupe or Grapes</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 <b>PICK 1 FRUIT:</b> Sliced Bananas w/ Choc Syrup, Grapes or Cantaloupe, 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>	



# TWINSBURG WELLNESS – APRIL 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>Don't miss the 2014 TigerFit Fun Run on Saturday, April 26<sup>th</sup> at 10am</p> <p><a href="#">REGISTRATION INFO</a></p>	<p><b>1 TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR 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><b>2 (4) FRENCH TOAST STIX</b> w/ SYRUP 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><b>3 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><b>4 BACON CHEESE BURGER</b> ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX PICK 1: Fruit Options FISH SANDWICH AVAILABLE!</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><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> <p><b>NEW MENU FEATURE</b> <b>HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</b></p>
<p><b>7 (8) W.G. CHICKEN FRIES</b> WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p><b>8 TACO TUESDAYS</b> 2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p><b>9 6 WHOLE GRAIN MINI CORN DOGS</b> or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES CALIFORNIA VEG MIX PICK 1: Fruit Options <b>FRUIT JUICE 100% JUICE</b></p>	<p><b>10 IT'ZA ITALIA</b> CHICKEN ALFREDO OR ALFREDO SAUCE OVER W.W. PENNE PASTA W/ GARLIC BREAD ROLL or W.W. (2) CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES FRESH STEAMED BROCCOLI PICK 1: Fruit Options <b>BLUE RASPBERRY SORBET</b></p>	<p><b>11 2 POPCORN CHICKEN WRAPS</b> WITH TOPPINGS or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options FISH SANDWICH AVAILABLE!</p>	
<p><b>14 SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p><b>15 TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR 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><b>16 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><b>17 NO SCHOOL!</b></p>	<p><b>18 GOOD FRIDAY</b> <b>NO SCHOOL!</b></p>	
<p><b>21 NO SCHOOL!</b></p>	<p><b>22 TACO TUESDAYS</b> 2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p><b>23 GENERAL TSO POPCORN CHICKEN</b> OVER BROWN RICE or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ORIENTAL VEGETABLES PICK 1: Fruit Options BONUS – FORTUNE COOKIE</p>	<p><b>24 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><b>25 CHICKEN BACON MOZZ.</b> SUB ON A WW HOAGIE 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 BONUS – FUNSIZE RICE KRISPY TREAT</p>	
<p><b>28 SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p><b>29 TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR 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><b>30 (9) MINI PANCAKES</b> w/ SYRUP 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><b>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</b> <b>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</b> PICK 2 VEGETABLES: Menueed Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Asst'd Canned Fruit</p>	<p><b>26 TIGERFIT FUN RUN</b> 2014 TigerFit Fun Run  Click on Tiger for registration info!</p>	