



TWINSBURG WELLNESS – OCTOBER 2013 – 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>Click here for Breakfast Info and Menu</p>	<p>1 WORLD VEGETARIAN DAY NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE BLACK BEAN BURGER or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BLACK BEANS AND RICE) PICK 1: Fruit Options</p>	<p>2 BACON CHEESE BURGER or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>3 W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA W/ GARLIC ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (GREEN BEANS) PICK 1: Fruit Options</p>	<p>4 (4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</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>7 POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>8 TACO TUESDAYS 2 W.G. SOFT TACOS W/ LETTUCE AND CHEESE or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>9 TURKEY & GRAVY W/ ROLL or W. W. GOURMET PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY FRESH STEAMED BROCCOLI PICK 1: Fruit Options BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>10 CHICKEN BACON MOZZARELLA SUB ON WW HOAGIE BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES CAJUN SEASONED WEDGE FRIES PICK 1: Fruit Options</p>	<p>11 GENERAL TSO'S CHICKEN W/ W.G. RICE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (ORIENTAL VEGETABLES) PICK 1: Fruit Options BONUS – FORTUNE COOKIE!</p>	
<p>14 (8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>15 TACO TUESDAYS NACHOS W/ BEEF & REAL NACHO CHEESE SAUCE 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>16 6 WHOLE GRAIN MINI CORN DOGS or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE)</p>	<p>17 CHICKEN PARMESAN with WW Garlic Breadstick 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>18 NEOEADAY NO SCHOOL!</p>	<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES</p>
<p>21 POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>22 TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>23 WHOLE WHEAT HOT SOFT PRETZEL WITH REAL NACHO CHEESE SAUCE or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES FRESH STEAMED BROCCOLI PICK 1: Fruit Options</p>	<p>24  GOLDFISH GRILLED CHEESE SANDWICH (W.W.) or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 1: Fruit Options BONUS W.G. GIANT GOLDFISH GRAHAM</p>	<p>25 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	
<p>28 (8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>29 TACO TUESDAYS TACO SALAD W/ TOPPINGS 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>30 BBQ RIB SANDWICH or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>31 HALLOWEEN CHICKEN PARMESAN SANDWICH 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 ORANGE SORBET (100% JUICE)</p>	<p>FRUIT & VEG OPTIONS: Tuesday and Thursdays PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit</p>	

100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS. AND FRIDAYS.



TWINSBURG WELLNESS – SEPTEMBER 2013 – DODGE MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY NO SCHOOL!</p>	<p>3 TACO TUESDAYS NACHOS W/ BEEF & REAL NACHO CHEESE SAUCE 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>4 BACON CHEESE BURGER or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>5 MEATBALL SUB W/ CHEESE ON A WW HOTDOG BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (W.W. PASTA W/ MARINARA SAUCE) PICK 1: Fruit Options</p>	<p>6 (4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>
<p>9 POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>10 TACO TUESDAYS TACO SALAD W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>11 TURKEY & GRAVY W/ ROLL or W. W. GOURMET PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY FRESH STEAMED BROCCOLI PICK 1: Fruit Options BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>12 CHICKEN BACON MOZZARELLA SUB ON WW HOTDOG or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES CAJUN SEASONED WEDGE FRIES GREEN BEANS PICK 1: Fruit Options</p>	<p>13 GENERAL TSO'S CHICKEN W/ W.G. RICE W/ & FORTUNE COOKIE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (ORIENTAL VEGETABLES) PICK 1: Fruit Options</p>
<p>16 (8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>17 TACO TUESDAYS NACHOS W/ BEEF & REAL NACHO CHEESE SAUCE 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>18 6 WHOLE GRAIN MINI CORN DOGS or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options</p>	<p>19 CHICKEN PARMESAN with WW Garlic Breadstick 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>20 (9) MINI PANCAKES W/ SYRUP with 2 Slices of Fried Ham or W.W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>
<p>23 POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>24 TACO TUESDAYS Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>25 WHOLE WHEAT HOT SOFT PRETZEL WITH REAL NACHO CHEESE SAUCE or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES FRESH STEAMED BROCCOLI PICK 1: Fruit Options</p>	<p>26 WW GRILLED CHEESE SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options Bonus – Mini Rice Krispie Treat</p>	<p>27 NEW WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>
<p>30 (8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, LF Cole Slaw PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit, Fresh Watermelon</p>		<p>FRUIT & VEG OPTIONS: Tuesday and Thursdays PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit</p>	

LUNCH PRICE: \$2.75
 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.

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

ALTERNATE ENTREES
 Breaded Chicken Sandwiches (W.W.)
 Cheeseburger (W.W.)
 ENTRÉE SALADS W/ BREADSTICK & COLD SANDWICHES OR WRAPS

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



TWINSBURG WELLNESS – AUGUST 2013 – DODGE MENU



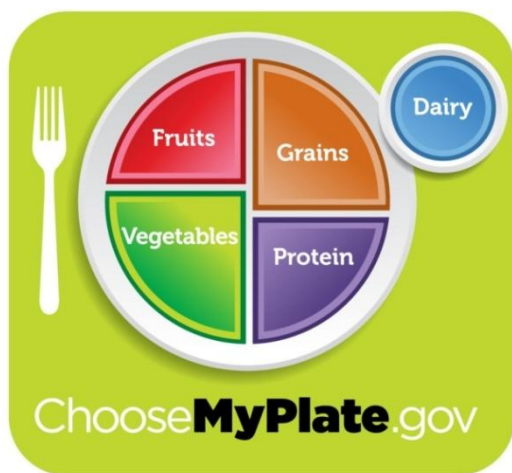
MONDAY

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!
Students must take at least one fruit or vegetable.

FRUIT & VEG OPTIONS: Monday, Wednesday, Friday

PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, LF Cole Slaw

PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit, Fresh Watermelon

FRUIT & VEG OPTIONS: Tuesday and Thursdays

PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots

PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit

LUNCH PRICE: \$2.75

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.

20 TACO TUESDAYS
NACHOS W/ BEEF & REAL NACHO CHEESE SAUCE
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE
PICK 2: Vegetables (REFRIED BEANS WITH CHEESE)
PICK 1: Fruit Options

21 NEW
6 WHOLE GRAIN MINI CORN DOGS
or W. W. GOURMET PIZZA OR ALTERNATE ENTREE
PICK 2: VEGETABLES (4) POTATO SMILES FRESH STEAMED BROCCOLI
PICK 1: Fruit Options

22
WW GRILLED CHEESE SANDWICH
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE
PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES)
PICK 1: Fruit Options
Bonus – Mini Rice Krispie Treat

23
(9) MINI PANCAKES W/ SYRUP
with 2 Slices of Fried Ham or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE
PICK 2: VEGETABLES ((2) POTATO TRIANGLES)
PICK 1: Fruit Options

ALTERNATE ENTREES
Breaded Chicken Sandwiches (W.W.)
Cheeseburger (W.W.)
ENTRÉE SALADS W/ BREADSTICK & COLD SANDWICHES OR WRAPS

26
(8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL
or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée
PICK 2: VEGETABLES MASHED POTATOES W/GRVY
PICK 1: Fruit Options

27 TACO TUESDAYS
JUMBO CRUNCHY TACO W/ TOPPINGS
WITH FUNSIZE DORITOS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE
PICK 2: Vegetables (BUTTERED CORN)
PICK 1: Fruit Options

28
WHOLE WHEAT HOT SOFT PRETZEL
WITH REAL NACHO CHEESE SAUCE or W. W. GOURMET PIZZA OR ALTERNATE ENTREE
PICK 2: VEGETABLES FRESH STEAMED BROCCOLI
PICK 1: Fruit Options

29
CHICKEN PARMESAN SANDWICH
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

30 NEW
WHITE WHOLE GRAIN BREAKFAST BAGEL
(egg, cheese, bacon or sausage) or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE
PICK 2: VEGETABLES ((2) POTATO TRIANGLES)
PICK 1: Fruit Options

Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required.

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