



# TWINSBURG WELLNESS & NUTRITION



*To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.*

Price Change

## NEW LUNCH PRICES FOR 2014-15 SCHOOL YEAR

|                             |               |
|-----------------------------|---------------|
| <b>WILCOX</b>               | <b>\$2.60</b> |
| <b>BISSELL</b>              | <b>\$2.60</b> |
| <b>DODGE</b><br>(no change) | <b>\$2.75</b> |
| <b>R.B.C.</b>               | <b>\$2.85</b> |
| <b>T.H.S.</b>               | <b>\$2.85</b> |

**BREAKFAST ALL SCHOOLS \$1.50 (no change)**

## BODIES BUILT HERE



TWINSBURG CITY SCHOOLS  
BRONZE AWARD WINNER  
2012-2016

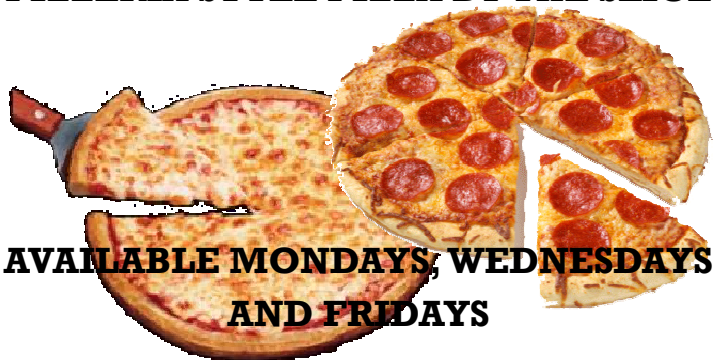
Twinsburg Allergen Statement and BONUS item information on the web page!



[All Schools EZpay Information](#)

Scroll down for new Cycle Menu

## NEW IN 2014-15—HOMEMADE ROUND PIZZERIA STYLE PIZZA BY THE SLICE



**AVAILABLE MONDAYS, WEDNESDAYS AND FRIDAYS**

Our Pizzas are made with low fat cheese, whole grain crusts, and freshly made sauce with fresh oregano, basil and garlic!

## Eat a Rainbow Everyday!

**DAILY PICK 2 VEGGIES:**  
 POTATO, PASTA OR HOT VEG  
 SMALL ROMAINE SALADS  
 BABY CARROTS W/ DIP  
 CELERY W/ DIP  
 CUCUMBERS W/ DIP  
 BROCCOLI, TOMATO, CARROT

**DAILY PICK ONE FRUIT:**  
 Mondays – Strawberries  
 Tuesdays – Watermelon  
 Wednesdays – Bananas w/ Choc Syrup  
 Thursdays – Apples w/ Caramel  
 Fridays – Fresh Grapes  
 TWO TYPES OF CAN , ORANGE WEDGES AND BANANAS OFFERED DAILY

100% JUICE IS ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDNESDAYS AND FRIDAYS



# DODGE INTERMEDIATE 2014-15 MENU

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

LUNCH  
 PRICE:  
**\$2.75**

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------|---------|-----------|----------|--------|
|--|--------|---------|-----------|----------|--------|

## AUGUST & SEPTEMBER 2014

|  |   |  |  |   |   |
|--|---|--|--|---|---|
| <p><b>WEEK 4 (Beginning)</b><br/> <b>August 18</b></p> <p>First Day of School is<br/>         Wednesday, August 20th</p> |   |  | <p><b>CHICKEN PARMESAN SANDWICH</b><br/>         or GOURMET PIZZA<br/>         OR ALTERNATE ENTREE<br/> <b>PICK 2: VEGETABLES</b><br/>         PASTA W/ MARINARA<br/> <b>PICK 1: Fruit Options</b></p> <p><b>BONUS—CARNIVAL COOKIE</b></p>   | <p><b>SPICY OR REGULAR POPCORN CHICKEN</b><br/>         WITH W.W.DINNER ROLL<br/>         or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE<br/>         or ALTERNATE ENTRÉE<br/> <b>PICK 2: VEGETABLES:</b><br/>         SPICY SWEET POTATO FRIES<br/> <b>PICK 1: Fruit Options</b><br/>         FRESH APPLE SLICES w/ DIP</p> | <p><b>GRILLED CHEESE SANDWICH</b><br/>         OR SLOPPY JOE SANDWICH<br/>         or PEPPERONI OR CHEESE PIZZA<br/>         or ALTERNATE ENTRÉE<br/> <b>PICK 2: VEGETABLES</b><br/>         OVEN BAKED CURLY FRIES<br/> <b>PICK 1: Fruit Options</b></p> <p><b>BONUS—FORTUNE COOKIE</b></p>                                  |
| <p><b>WEEK 1 (Beginning)</b><br/> <b>August 25</b></p>   | <p><b>PILLSBURY MINI PANCAKES</b><br/>         with 2 Slices of Fried Ham<br/>         or PEPPERONI OR CHEESE PIZZA<br/>         OR ALTERNATE ENTREE<br/> <b>PICK 2: VEGETABLES</b><br/>         TATOR TOTS<br/> <b>PICK 1: Fruit Options</b></p> | <p><b>TACO TUESDAYS</b><br/>         2 CRUNCHY OR SOFT TACOS<br/>         WITH TOPPINGS<br/>         or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce<br/>         OR ALTERNATE ENTREE<br/> <b>PICK 2: Vegetables</b><br/>         (BUTTERED CORN)</p>                                   | <p><b>TURKEY &amp; GRAVY W/ ROLL</b><br/>         or GOURMET PIZZA<br/>         or ALTERNATE ENTRÉE<br/> <b>PICK 2: VEGETABLES:</b><br/>         MASHED POTATOES<br/> <b>PICK 1: Fruit Options</b></p> <p><b>BONUS – MINI ICE CREAM SANDWICH</b></p>                                     | <p><b>(8) CHICKEN FRIES</b><br/>         W/ W.W. MINI HOT SOFT PRETZEL<br/>         or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE<br/>         or ALTERNATE ENTRÉE<br/> <b>PICK 2: VEGETABLES</b><br/>         (BBQ BAKED BEANS)<br/> <b>PICK 2: Fruit Options</b></p>  | <p><b>STAFF WORK DAY!</b><br/> <b>NO SCHOOL!</b></p>  |
| <p><b>WEEK 2 (Beginning)</b><br/> <b>September 1</b></p>   | <p><b>LABOR DAY</b><br/> <b>NO SCHOOL!</b></p>  | <p><b>TACO TUESDAYS</b><br/>         TACO SALAD BAR OR NACHO SUPREME BAR<br/>         or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce<br/>         OR ALTERNATE ENTREE<br/> <b>PICK 2: Vegetables</b><br/>         (CHEESY CRUNCHY REFRIED BEANS)<br/> <b>PICK 1: Fruit Options</b></p> | <p><b>W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA</b><br/>         W/ GARLIC BREAD ROLL<br/>         or GOURMET PIZZA<br/>         OR ALTERNATE ENTREE<br/> <b>PICK 2: VEGETABLES - GREEN BEANS</b><br/> <b>PICK 1: Fruit Options</b></p> <p><b>BONUS—CARNIVAL COOKIE</b></p> | <p><b>SPICY OR REGULAR POPCORN CHICKEN</b><br/>         WITH W.W.DINNER ROLL<br/>         or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE<br/>         or ALTERNATE ENTRÉE<br/> <b>PICK 2: VEGETABLES:</b><br/>         MASHED POTATOES<br/> <b>PICK 1: Fruit Options</b></p>   | <p><b>CHICKEN BACON MOZZ.</b><br/>         SUB ON A WW HOAGIE<br/>         or PEPPERONI OR CHEESE PIZZA<br/>         or ALTERNATE ENTRÉE<br/> <b>PICK 2: VEGETABLES</b><br/>         ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS<br/> <b>PICK 1: Fruit Options</b></p> <p><b>BONUS—Reduced Sugar Fruit Roll-up</b></p> |

**GREEN PRINT INDICATES VEGETARIAN OPTION**

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

The USDA is an equal opportunity provider and employer.





# DODGE INTERMEDIATE 2014-15 MENU

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 Students must take at least one fruit or vegetable.

LUNCH  
 PRICE:  
**\$2.75**

## SEPTEMBER AND OCTOBER 2014

|   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|---|
| <b>WEEK 1 (Beginning)</b><br><b>September 8</b>                       | <b>PILLSBURY MINI PANCAKES</b><br>with 2 Slices of Fried Ham<br>or PEPPERONI OR CHEESE PIZZA<br>OR ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES</b><br>TATOR TOTS<br><b>PICK 1: Fruit Options</b>         | <b>TACO TUESDAYS</b><br><b>2 CHICKEN OR CHEESE QUESIDILLA</b> w/ TOPPINGS<br>or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS</b> / sce<br><b>PICK 2: Vegetables</b><br>(BUTTERED CORN)<br><b>PICK 1: Fruit Options</b>                                     | <b>6 WHOLE GRAIN MINI CORN DOGS</b><br>or GOURMET PIZZA<br>OR ALTERNATE ENTREE<br><b>PICK 2: VEGETABLES</b><br>4 POTATO SMILES<br><b>PICK 1: Fruit Options</b><br><b>BONUS—SUGAR COOKIE</b>   | <b>(5) REG OR SPICY CHICKEN TENDERS</b><br>w/ W.W. MINI HOT SOFT PRETZEL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ SAUCE<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES</b><br>(BBQ BAKED BEANS)<br><b>PICK 2: Fruit Options</b>       | <b>2 POPCORN CHICKEN WRAPS WITH TOPPINGS</b><br>or PEPPERONI OR CHEESE PIZZA<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES</b><br>OVEN BAKED CURLY FRIES<br>CALIFORNIA VEGETABLE BLEND<br><b>PICK 1: Fruit Options</b>  |
| <b>WEEK 2 (Beginning)</b><br><b>September 15</b>                      | <b>4 FRENCH TOAST STIX</b><br>w/ SYRUP<br>with 2 Slices of Fried Ham<br>or PEPPERONI OR CHEESE PIZZA<br>OR ALTERNATE ENTREE<br><b>PICK 2: VEGETABLES</b><br>TATOR TOTS<br><b>PICK 1: Fruit Options</b> | <b>TACO TUESDAYS</b><br><b>TACO SALAD BAR OR NACHO SUPREME BAR</b><br>or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: Vegetables</b><br>(CHEESY CRUNCHY REFRIED BEANS)<br><b>PICK 1: Fruit Options</b> | <b>MEATBALL SUB W/ MOZZ</b> on a Hoagie<br>or GOURMET PIZZA<br>OR ALTERNATE ENTREE<br><b>PICK 2: VEGETABLES</b><br>PASTA W/ MARINARA<br><b>PICK 1: Fruit Options</b><br><b>BONUS—CARNIVAL COOKIE</b>  | <b>SPICY OR REGULAR POPCORN CHICKEN</b><br>WITH W.W.DINNER ROLL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ SAUCE<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES:</b><br><b>SPICY SWEET POTATO FRIES</b><br><b>PICK 1: Fruit Options</b> | <b>GRILLED CHEESE SANDWICH</b><br>OR SLOPPY JOE SANDWICH<br>or PEPPERONI OR CHEESE PIZZA<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES</b><br>OVEN BAKED CURLY FRIES<br><b>PICK 1: Fruit Options</b><br><b>BONUS—FORTUNE COOKIE</b>                                     |
| <b>WEEK 3 (Beginning)</b><br><b>September 22</b>                      | <b>PILLSBURY MINI PANCAKES</b><br>with 2 Slices of Fried Ham<br>or PEPPERONI OR CHEESE PIZZA<br>OR ALTERNATE ENTREE<br><b>PICK 2: VEGETABLES</b><br>TATOR TOTS<br><b>PICK 1: Fruit Options</b>         | <b>TACO TUESDAYS</b><br><b>2 CRUNCHY OR SOFT TACOS</b><br>WITH TOPPINGS<br>or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: Vegetables</b><br>(BUTTERED CORN)   | <b>TURKEY &amp; GRAVY W/ ROLL</b><br>or GOURMET PIZZA<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES:</b><br><b>MASHED POTATOES</b><br><b>PICK 1: Fruit Options</b><br><b>BONUS – MINT ICE CREAM SANDWICH</b>                              | <b>(5) REG OR SPICY CHICKEN TENDERS</b><br>w/ W.W. MINI HOT SOFT PRETZEL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ SAUCE<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES</b><br>(BBQ BAKED BEANS)<br><b>PICK 2: Fruit Options</b>       | <b>BACON CHEESE BURGER</b><br>ON A W.W. BUN<br>OR MACARONI & CHEESE<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES</b><br>OVEN BAKED CURLY FRIES<br>FREESH STEAMED BROCCOLI<br><b>PICK 1: Fruit Options</b>  |
| <b>WEEK 4 (Beginning)</b><br><b>September 29—</b><br><b>October 3</b> | <b>BREAKFAST BAGEL</b><br>(egg, cheese, bacon or TURKEY sausage)<br>or PEPPERONI OR CHEESE PIZZA<br><b>PICK 2: VEGETABLES</b><br>SEASONED WEDGE FRIES<br><b>PICK 1: Fruit Options</b>                  | <b>TACO TUESDAYS</b><br><b>TACO SALAD BAR OR NACHO SUPREME BAR</b><br>or (2) (W.W.) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: Vegetables</b><br>(CHEESY CRUNCHY REFRIED BEANS)<br><b>PICK 1: Fruit Options</b> | <b>W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA</b><br>w/ GARLIC BREAD ROLL<br>or GOURMET PIZZA<br>OR ALTERNATE ENTREE<br><b>PICK 2: VEGETABLES - GREEN BEANS</b><br><b>PICK 1: Fruit Options</b><br><b>BONUS—CARNIVAL COOKIE</b> | <b>SPICY OR REGULAR POPCORN CHICKEN</b><br>WITH W.W.DINNER ROLL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ SAUCE<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES:</b><br><b>MASHED POTATOES</b><br><b>PICK 1: Fruit Options</b>          | <b>CHICKEN BACON MOZZ.</b><br>SUB ON A WW HOAGIE<br>or PEPPERONI OR CHEESE PIZZA<br>or ALTERNATE ENTRÉE<br><b>PICK 2: VEGETABLES</b><br>½ TWICE BAKED POTATO w/<br>CHEESE AND REAL BACON BITS<br><b>PICK 1: Fruit Options</b><br><b>BONUS—Reduced Sugar Fruit Roll-up</b> |

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