



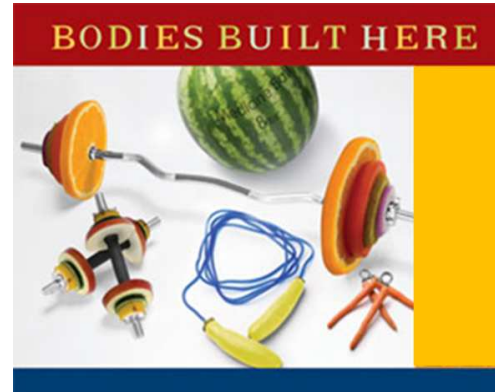
# TWINSBURG WELLNESS & NUTRITION



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



[All Schools EZpay Information](#)



[Twinsburg Allergen Statement and BONUS item information on the web page!](#)

Beginning in April!



and Twinsburg Food Service brings you...

## Tiger Breakfast Rewards

**Tiger Breakfast - a Great Start for your Brain and your Body!**

Now even better with Tiger Breakfast Rewards

**The more times you eat School Breakfast the more chances you get to win COOL monthly prizes!**



Don't miss out on great nutrition and great fun!



# 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**

## FEBRUARY 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>February 2nd</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> SEASONED WEDGE FRIES <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>CHICKEN BACON MOZZ.</b> SUB ON A WW HOAGIE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS <b>PICK 1: Fruit Options</b> <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 3 (Beginning)</b> <b>February 9th</b>	FRESH BAKED <b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> 5 POTATO SMILES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<h2 style="text-align: center;">No School!</h2>
<b>WEEK 4 (Beginning)</b> <b>February 16th</b>	<h2 style="text-align: center;">Presidents' Day</h2>  <h2 style="text-align: center;">No School!</h2>	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> SPICY SWEET POTATO FRIES <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: Fruit Options</b>
<b>WEEK 1 (Beginning)</b> <b>February 23rd</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	FRESH BAKED <b>HOT DOG POCKET (Turkey)</b> WITH OR WITHOUT CHEESE or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> SEASONED WEDGE FRIES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FRESH STEAMED BROCCOLI <b>PICK 1: Fruit Options</b>

**GREEN PRINT INDICATES VEGETARIAN OPTION**

4 OZ 100% JUICES ARE AVAILABLE AS SIDE DISH ON MONDAYS, WEDS. AND FRIDAYS

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

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# DODGE INTERMEDIATE 2014-15 MENU

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LUNCH  
 PRICE:  
**\$2.75**

## MARCH 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>March 2nd</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> <b>SEASONED WEDGE FRIES</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<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 <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>W.W. PENNE PASTA WITH CHICKEN ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> <b>PICK 2: VEGETABLES - GREEN BEANS</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>MASHED POTATOES</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>CHICKEN BACON MOZZ.</b> SUB ON A WW HOAGIE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS</b> <b>PICK 1: Fruit Options</b> <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 3 (Beginning)</b> <b>March 9th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> <b>PICK 2: VEGETABLES</b> <b>4 POTATO SMILES</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>(BBQ BAKED BEANS)</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BBQ RIB SANDWICH</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>OVEN BAKED CURLY FRIES</b> <b>CALIFORNIA VEGETABLE BLEND</b> <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b> <b>March 16th</b>	<b>SALISBURY STEAK W/ HOT BUTTERED BREADSTICK</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>MASHED POTATOES W/ GRAVY</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<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 <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>MEATBALL SUB W/ MOZZ ON A HOAGIE</b> or GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> <b>PICK 2: VEGETABLES</b> <b>PASTA W/ MARINARA</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>SPICY SWEET POTATO FRIES</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> <b>OR SLOPPY JOE SANDWICH</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>OVEN BAKED CURLY FRIES</b> <b>PICK 1: Fruit Options</b>
<b>WEEK 1 (Beginning)</b> <b>March 23rd</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>GENERAL TSO (SPICY SWEET) POPCORN CHICKEN OVER RICE</b> or GOURMET PIZZA <b>OR ALTERNATE ENTRÉE</b> <b>PICK 2: VEGETABLES:</b> <b>FRESH STEAMED BROCCOLI</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>(BBQ BAKED BEANS)</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>OVEN BAKED CURLY FRIES</b> <b>FRESH STEAMED BROCCOLI</b> <b>PICK 1: Fruit Options</b>

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