



TWINSBURG WELLNESS – JANUARY 2013 – THIS MENU



Students must select a minimum of 4 items to qualify as a reimbursable lunch! Main dishes count as 2 items. 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>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch PICK 2 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass'd Can Fruit, Fresh Cantaloupe</p>		<p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots PICK 2 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & 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</p> <p>TEACHER WORK DAY</p> <p>NO SCHOOL!</p>	<p>7 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options OR SUB^{YOURWAY} BAR</p>	<p>8 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR PASTA & SALAD BAR (MEATBALLS) W/ GARLIC ROLL</p>	<p>9 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR</p>	<p>10 FINALLY FRY DAY BBQ RIB SANDWICH ON A W.G. HOAGIE BUN or Sloppy Joe OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée ½ TWICE BAKED POTATO GREEN BEANS Vegetable & Fruit Options or Burger & Curly Fry Bar</p>	 <p>2014 TIGER WELLNESS WORKSHOP WHEN: Saturday, January 18th from 9am to noon WHERE: THS Commons</p> 
<p>13</p> <p>6 MINI W.G CORN DOGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>14 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options Or TURKEY & GRAVY OVER MASHED POTATOES W/ STUFFING AND ROLL</p>	<p>15 (4) FRENCH TOAST w/ Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR CHICKEN PARMESAN W/ GARLIC BREADSTICK & PASTA</p>	<p>16 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR</p>	<p>17 FINALLY FRY DAY CHICKEN BACON MOZZ SUB ON A WW HOAGIE or Sloppy Joe OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES GREEN BEANS Vegetable & Fruit Options or Burger & Curly Fry Bar</p>	
<p>20</p> <p>MARTIN LUTHER KING JR DAY</p> <p>NO SCHOOL!</p>	<p>21 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options OR SUB^{YOURWAY} BAR</p>	<p>22 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR PASTA & SALAD BAR W/ GARLIC ROLL</p>	<p>23 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR</p>	<p>24 FINALLY FRY DAY? 2 W.W. POPCORN CHICKEN WRAPS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée ½ TWICE BAKED POTATO Vegetable & Fruit Options or Burger & Curly Fry Bar</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</p> <p>2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée TEX MEX BAKED BEANS Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>28 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options OR TWINPOTLE BURRITO BAR</p>	<p>29 (2) WAFFLES W/ CHOICE OF TOPPING (Strawberries w/ whipped topping, Cinnamon Sugar Apples, Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR CHICKEN PARMESAN SANDWICH & PASTA</p>	<p>30 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR</p>	<p>31 FINALLY FRY DAY? W.G. PRETZEL BUN GRILLED CHEESE OR CHIPOTLE CHIX SANDWICH OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES FRESH STEAMED BROCCOLI Vegetable & Fruit Options</p>	<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS</p>

The USDA is an equal opportunity provider and employer.



TWINSBURG WELLNESS – DECEMBER 2013 – THS MENU



Students must select a minimum of 4 items to qualify as a reimbursable lunch! Main dishes count as 2 items. Students must take at least one fruit or vegetable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 6 MINI W.G CORN DOGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS	3 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options OR TWINPOTLE BURRITO BAR	4 (9) Mini Pancakes w/ Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR CHICKEN PARMESAN W/ GARLIC BREADSTICK & PASTA	5 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	6 FINALLY FRY DAY SLOPPY JOE SANDWICH ON A WW BUN OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES GREEN BEANS Vegetable & Fruit Options or Burger & Curly Fry Bar
9 2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable & Fruit Options OR (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY	10 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options OR SUB ^{YOURWAY} BAR	11 (2) WAFFLES W/ CHOICE OF TOPPING (Strawberries w/ whipped topping, Cinnamon Sugar Apples, Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR PASTA & SALAD BAR	12 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options OR ASIAN BAR	13 FINALLY FRY DAY? W.G. PRETZEL BUN GRILLED CHEESE OR CHIPOTLE CHIX SANDWICH OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée ½ TWICE BAKED POTATO FRESH STEAMED BROCCOLI Vegetable & Fruit Options or Burger & TWICE BAKED Bar
16 CHICKEN BACON MOZZ SUB ON A WW BUN OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN CHICKEN W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS	17 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options Or TURKEY & GRAVY OVER NOODLES	18 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options OR CHICKEN PARMESAN SANDWICH & PASTA	19 TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	20 FINALLY FRY DAY 2 W.W. POPCORN CHICKEN WRAPS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée OVEN SEASONED CURLY FRIES Vegetable & Fruit Options or Burger & Curly Fry Bar

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.

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

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WINTER BREAK – DECEMBER 23 – JANUARY 6 – NO SCHOOL!



2014 TIGER WELLNESS WORKSHOP

WHEN: Saturday, January 18th from 9am to noon
WHERE: THS Commons
WHAT: -Free Youth Fitness Testing with prizes
-Fitness Demos
-Area health and wellness businesses showing off their products or services.
-Tiger 2 for 2 for Hunger Free Throw Contest \$2.00 for 2 minutes of free throws with all proceeds going to Paws on Hunger (Top Boy and Girl from each school when a great prize).

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

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 Can Fruit, Fresh Cantaloupe

CLICK ON LINK TO THE LEFT FOR MORE INFO