

TWINSBURG WELNESS – MAY 2014 – 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.



FRUIT & VEG OPTIONS: Monday, Wednesday, Friday

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, Asst'd Can Fruit, Grapes or Cantaloupe

FRUIT & VEG OPTIONS: Tuesday and Thursdays

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 Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Asst'd Canned Fruit

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

THURSDAY

OR ALTERNATE ENTREE **CALI VEG MIX / BUTTERED CORN** Vegetable & Fruit Options OR ASIAN BAR

2 **SOUTHERN PULLED PORK** SANDWICH

FRIDAY

PEPPERONI OR CHEESE PIZZA or Alternate Entrée OVEN BAKED CURLY FRIES

BUTTERED CORN Vegetable & Fruit Options **EXTRA SLICES \$1.75 EACH** 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 12.50 or 10 lunches for \$25.00. R educed-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.

LUNCH PRICE: \$2.50

6 MINI W.G CORN DOGS OR W. W. PEP OR CHEESE PIZZA

MONDAY

or Alternate Entrée **BBQ BAKED BEANS Vegetable & Fruit Options** OR (8) W.G. CHICKEN FRIES W/ WW MINI PRETZEL - BBQ BAKED BEANS

6 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

TUESDAY

OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options Or TURKEY & GRAVY OVER MASHED POTATOES STUFFING WITH A ROLL

WHITE WHOLE GRAIN BREAKFAST BAGEL

WEDNESDAY

(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

8 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 SWEET POTATO WEDGE FRIES / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR

9 GRILLED CHEESE ON A W.W. PEPPERONI OR CHEESE PIZZA PRFT7FI BUN

OVEN BAKED CURLY FRIES **GREEN BEANS** Vegetable & Fruit Options

EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar NEW MENU FEATURE

HIGHLIGHTING INDICATES VEGETARIAN **ENTRÉE OPTION** THAT IS AVAILABLE FOR THE DAY!

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CHICKEN BACON MOZZ SUB ON A WW HOAGIE

OR W. W. PEP OR CHEESE PIZZA

or Alternate Entrée **MASHED POTATOES** Vegetable & Fruit Options Or SPICY OR REG. POPCORN CHICKEN WITH W.W.DINNER ROLL **MASHED POTATOES W/ GRAVY** 13 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 SUBYOURWAY BAR

(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**

15 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

STEAMED BROCCOLI / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR

BBQ RIB SANDWICH

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PEPPERONI OR CHEESE PIZZA or Alternate Entrée **OVEN BAKED CURLY FRIES** BUTTERED CORN

> Vegetable & Fruit Options **EXTRA SLICES \$1.75 EACH** or Burger & Curly Fry Bar

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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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 SPICY OR REG. POPCORN **CHICKEN W/ WW MINI PRETZEL** - BBQ BAKED BEANS

20 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 WHITE WHOLE GRAIN BREAKFAST BAGEL

(egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA OR ALTERNATE ENTREE SEASONED WEDGE FRIES Vegetable & Fruit Options

OR CHICKEN ALFREDO OVER PENNE PASTA W/ GARLIC BREADSTICK

22 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 SWEET POTATO WEDGE FRIES / BUTTERED CORN

Vegetable & Fruit Options OR ASIAN BAR

23 2 W.W. POPCORN CHICKEN **WRAPS**

PEPPERONI OR CHEESE PIZZA

OVEN BAKED CURLY FRIES GREEN BEANS **Vegetable & Fruit Options**

EXTRA SLICES \$1.75 EACH

or Burger & Curly Fry Bar

MONDAY, JUNE 187 TESTING - 12:30 DISMISSAL

BREADED CHICKEN SANDWICH

PEPPERONI OR CHEESE PIZZA or Alternate Entrée OVEN BAKED CURLY FRIES

Vegetable & Fruit Options

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MEMORIAL DAY! NO SCHOOL!

27 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 SUBYOURWAY BAR

(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 **SANDWICH & PASTA**

29 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

CALI VEG MIX / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR

30 TESTING - 12:30 DISMISSAL **BREADED CHICKEN SANDWICH** PEPPERONI OR CHEESE PIZZA

or Alternate Entrée **OVEN BAKED CURLY FRIES Vegetable & Fruit Options**

TUESDAY, JUNE 2^{NI}

10:25 Dismissal

No Lunch Served!

The USDA is an equal opportunity provider and employer.

TWINSBURG WELNESS – APRIL 2014 – 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 **FRIDAY LUNCH PRICE: \$2.75** THURSDAY TIGRE TACO TREMENDO 2 (2) WAFFLES W/ CHOICE OF All lunches include a Don't miss the 2014 3 TIGRE TACO TREMENDO 4 SOUTHERN PULLED PORK Fat-free Choc. Skim or 1% Milk CHOOSE FROM TACO SALAD. TOPPING (Strawberries w/ whipped topping. CHOOSE FROM TACO SALAD. SANDWICH TigerFit Fun Run Milk offered for .50 cents NACHOS SUPREME OR 2 HARD OR Cinnamon Sugar Apples, Syrup NACHOS SUPREME OR 2 HARD OR PEPPERONI OR CHEESE PIZZA SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS Prepay for 5 lunches for 13.75 with 2 Slices of Fried Ham or Alternate Entrée on Saturday, April or (2) (W.W.) HOMEMADE CHEESY or (2) (W.W.) HOMEMADE CHEESY or W. W. GOURMET PIZZA or 10 lunches for \$27.50. R educed-OVEN BAKED CURLY FRIES BREADSTICKS w/ sauce **BREADSTICKS w/ sauce** OR ALTERNATE ENTREE price pre-paid lunches for \$2.00. 26th at 10am BUTTERED CORN OR ALTERNATE ENTREE OR ALTERNATE ENTREE 2 POTATO TRIANGLES Breakfast available daily for \$1.50 Vegetable & Fruit Options BLACK BEANS AND RICE STEAMED BROCCOLI / BUTTERED CORN Vegetable & Fruit Options REGISTRATION full price, .30 reduced-price, and **EXTRA SLICES \$1.75 EACH** Vegetable & Fruit Options **Vegetable & Fruit Options** OR CHICKEN PARMESAN SANDWICH & FREE for all approved free students. OR TWINPOTLE BURRITO BAR **INFO** or Burger & Curly Fry Bar OR ASIAN BAR DASTA ALTERNATE ENTREES TIGRE TACO TREMENDO 10. TIGRE TACO TREMENDO 11 GRILLED CHEESE ON A W.W. Breaded Chicken Sandwiches (W.W.) CHOOSE FROM TACO SALAD. WHITE WHOLE GRAIN CHOOSE FROM TACO SALAD. 6 MINI W.G CORN DOGS PRETZEL BUN NACHOS SUPREME OR 2 HARD OR NACHOS SUPREME OR 2 HARD OR Cheeseburger (W.W.) BREAKFAST BAGEL PEPPERONI OR CHEESE PIZZA OR W. W. PEP OR CHEESE PIZZA SOFT TACOS WITH TOPPINGS SOFT TACOS WITH TOPPINGS ENTRÉE SALADS W/ BREADSTICK or Alternate Entrée or Alternate Entrée (egg, cheese, bacon or sausage) or (2) (W.W.) HOMEMADE CHEESY or (2) (W.W.) HOMEMADE CHEESY & COLD SUB SANDWICHES OR WRAPS
BLACK BEAN BURGER or W. W. GOURMET PIZZA **OVEN BAKED CURLY FRIES BBQ BAKED BEANS** BREADSTICKS w/ sauce **BREADSTICKS w/ sauce** OR ALTERNATE ENTREE Vegetable & Fruit Options **GREEN BEANS** OR ALTERNATE ENTREE OR ALTERNATE ENTREE OR (8) W.G. CHICKEN FRIES 2 POTATO TRIANGLES Vegetable & Fruit Options REFRIED BEANS **BUTTERED CORN** W/W.W. WW MINI PRETZEL Vegetable & Fruit Options **EXTRA SLICES \$1.75 EACH** CHEESE PIZZA AVAILABLE **Vegetable & Fruit Options** Vegetable & Fruit Options - BBQ BAKED BEANS ON GOURMET PIZZA DAY! OR PASTA & SALAD BAR OR SUBYOURWAY BAR OR ASIAN BAR or Burger & Curly Fry Bar NEW MENU FEATURE 17 15 TIGRE TACO TREMENDO 16 18 14 **CHICKEN BACON MOZZ SUB** CHOOSE FROM TACO SALAD, (4) FRENCH TOAST w/ Syrup HIGHLIGHTING NACHOS SUPREME OR 2 HARD ON A WW HOAGIE with 2 Slices of Fried Ham GOOD FRIDAY! OR SOFT TACOS WITH TOPPINGS **INDICATES** OR W. W. PEP OR CHEESE PIZZA or W. W. GOURMET PIZZA or (2) (W.W.) HOMEMADE CHEESY or Alternate Entrée NO SCHOOL! OR ALTERNATE ENTREE NO SCHOOL! **VEGETARIAN** BREADSTICKS w/ sauce **MASHED POTATOES** 2 POTATO TRIANGLES OR ALTERNATE ENTREE ENTRÉE OPTION Vegetable & Fruit Options Vegetable & Fruit Options BLACK BEANS AND RICE Or 6 SPICY OR REG. POPCORN THAT IS AVAILABLE **Vegetable & Fruit Options** OR CHICKEN PARMESAN W/ WITH W.W.DINNER ROLL Or TURKEY & GRAVY OVER **GARLIC BREADSTICK & PASTA** FOR THE DAY! **MASHED POTATOES W/ GRAVY** NOODLES WITH A ROLL 23 21 TIGRE TACO TREMENDO 24 TIGRE TACO TREMENDO 25 2 W.W. POPCORN CHICKEN 26 TIGERFIT FUN RUN CHOOSE FROM TACO SALAD. CHOOSE FROM TACO SALAD. **WRAPS** WHITE WHOLE GRAIN NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS

PEPPERONI OR CHEESE PIZZA OF Alternate Entrée 2014 TigerFit Fun Run NACHOS SUPREME OR 2 HARD OR BREAKFAST BAGEL SOFT TACOS WITH TOPPINGS or Alternate Entrée (egg, cheese, bacon or sausage) or (2) (W.W.) HOMEMADE CHEESY or (2) (W.W.) HOMEMADE CHEESY **NO SCHOOL!** or W. W. GOURMET PIZZA OVEN BAKED CURLY FRIES BREADSTICKS w/ sauce **BREADSTICKS w/ sauce** ASSISTANCE CENTER OR ALTERNATE ENTREE **GREEN BEANS** OR ALTERNATE ENTREE OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable & Fruit Options **BUTTERED CORN** REFRIED BEANS Vegetable & Fruit Options **EXTRA SLICES \$1.75 EACH** Click on Tiger for **Vegetable & Fruit Options** Vegetable & Fruit Options OR CHICKEN ALFREDO OVER PENNE OR SUBYOURWAY BAR OR ASIAN BAR or Burger & Curly Fry Bar registration info! PASTA W/ GARLIC BREADSTICK **FRUIT & VEG OPTIONS:** 30 28 29 TIGRE TACO TREMENDO Monday, Wednesday, Friday CHOOSE FROM TACO SALAD, **2 CHICKEN OR CHEESE** (9) Mini Pancakes w/ Syrup FRUIT & VEG OPTIONS: PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, NACHOS SUPREME OR 2 HARD OR **QUESIDILLAS W/ TOPPINGS** with 2 Slices of Fried Ham or W. W. **Tuesday and Thursdays** SOFT TACOS WITH TOPPINGS Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch **GOURMET PIZZA** OR W. W. PEP OR CHEESE PIZZA or (2) (W.W.) HOMEMADE CHEESY PICK 2 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, PICK 2 VEGETABLES: Menued Hot Veg, Potato or OR ALTERNATE ENTREE or Alternate Entrée BREADSTICKS w/ sauce Fresh Oranges, Flavored Applesauce, Canned Pineapple & Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots **2 POTATO TRIANGLES BUTTERED CORN** OR ALTERNATE ENTREE Canned Mandarin Oranges, Asst'd Can Fruit, Grapes or

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Cantaloupe

PICK 2 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh

Grapes or Cantaloupe, **Strawb**, Fresh Oranges, Canned Pineapple

& Canned Mandarin Oranges, Asst'd Canned Fruit

Vegetable & Fruit Options

OR CHICKEN PARMESAN

SANDWICH & PASTA

BLACK BEANS AND RICE

Vegetable & Fruit Options

OR TWINPOTLE BURRITO BAR

Vegetable & Fruit Options

Or 6 SPICY OR REG. POPCORN

WITH W.W.DINNER ROLL

MASHED POTATOES W/ GRAVY