



# 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.50	
<b>FRUIT &amp; VEG OPTIONS:</b> Monday, Wednesday, Friday <b>PICK 2 VEGETABLES:</b> Menueed Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch <b>PICK 2 FRUIT:</b> 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Can Fruit, Grapes or Cantaloupe		<b>FRUIT &amp; VEG OPTIONS:</b> Tuesday and Thursdays <b>PICK 2 VEGETABLES:</b> Menueed Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots <b>PICK 2 FRUIT:</b> Sliced Bananas w/ Choc Syrup, Fresh Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges. Ass't'd Canned Fruit		<b>1 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE CALI VEG MIX / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	<b>2 SOUTHERN PULLED PORK SANDWICH</b> <b>PEPPERONI OR CHEESE PIZZA</b> or Alternate Entrée OVEN BAKED CURLY FRIES BUTTERED CORN Vegetable & Fruit Options <b>EXTRA SLICES \$1.75 EACH</b> 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. 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.  <b>NEW MENU FEATURE</b> <b>HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</b>
<b>5</b> <b>6 MINI W.G CORN DOGS</b> <b>OR W. W. PEP OR CHEESE PIZZA</b> or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options <b>OR (8) W.G. CHICKEN FRIES</b> <b>W/ WW MINI PRETZEL</b> - BBQ BAKED BEANS	<b>6 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options <b>OR TURKEY &amp; GRAVY OVER MASHED POTATOES STUFFING WITH A ROI I</b>	<b>7 WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> 2 POTATO TRIANGLES Vegetable & Fruit Options <b>OR PASTA &amp; SALAD BAR</b> W/ GARLIC ROLL	<b>8 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE SWEET POTATO WEDGE FRIES / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	<b>9 GRILLED CHEESE ON A W.W. PRETZEL BUN</b> <b>PEPPERONI OR CHEESE PIZZA</b> or Alternate Entrée OVEN BAKED CURLY FRIES GREEN BEANS Vegetable & Fruit Options <b>EXTRA SLICES \$1.75 EACH</b> 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. <b>HealthierUS School</b>	
<b>12 CHICKEN BACON MOZZ SUB</b> ON A WW HOAGIE <b>OR W. W. PEP OR CHEESE PIZZA</b> or Alternate Entrée MASHED POTATOES Vegetable & Fruit Options <b>OR SPICY OR REG. POPCORN CHICKEN</b> WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY	<b>13 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options <b>OR SUByourWAY BAR</b>	<b>14 (4) FRENCH TOAST w/ Syrup</b> with 2 Slices of Fried Ham or W. W. GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> 2 POTATO TRIANGLES Vegetable & Fruit Options <b>OR CHICKEN PARMESAN W/ GARLIC BREADSTICK &amp; PASTA</b>	<b>15 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE STEAMED BROCCOLI / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	<b>16 BBQ RIB SANDWICH</b> <b>PEPPERONI OR CHEESE PIZZA</b> or Alternate Entrée OVEN BAKED CURLY FRIES BUTTERED CORN Vegetable & Fruit Options <b>EXTRA SLICES \$1.75 EACH</b> or Burger & Curly Fry Bar		
<b>19</b> <b>2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS</b> <b>OR W. W. PEP OR CHEESE PIZZA</b> or Alternate Entrée TEX MEX BAKED BEANS Vegetable & Fruit Options <b>OR SPICY OR REG. POPCORN CHICKEN</b> W/ WW MINI PRETZEL - BBQ BAKED BEANS	<b>20 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE REFRIED BEANS Vegetable & Fruit Options <b>OR TWINPOTLE BURRITO BAR</b>	<b>21 WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, bacon or sausage) or W. W. GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> SEASONED WEDGE FRIES Vegetable & Fruit Options <b>OR CHICKEN ALFREDO OVER PENNE PASTA W/ GARLIC BREADSTICK</b>	<b>22 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE SWEET POTATO WEDGE FRIES / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	<b>23 2 W.W. POPCORN CHICKEN WRAPS</b> <b>PEPPERONI OR CHEESE PIZZA</b> or Alternate Entrée OVEN BAKED CURLY FRIES GREEN BEANS Vegetable & Fruit Options <b>EXTRA SLICES \$1.75 EACH</b> or Burger & Curly Fry Bar		
<b>26</b> <b>MEMORIAL DAY!</b> <b>NO SCHOOL!</b>	<b>27 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE BLACK BEANS AND RICE Vegetable & Fruit Options <b>OR SUByourWAY BAR</b>	<b>28 (9) Mini Pancakes w/ Syrup</b> with 2 Slices of Fried Ham or W. W. GOURMET PIZZA <b>OR ALTERNATE ENTREE</b> 2 POTATO TRIANGLES Vegetable & Fruit Options <b>OR CHICKEN PARMESAN SANDWICH &amp; PASTA</b>	<b>29 TIGRE TACO TREMENDO</b> CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS <b>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE CALI VEG MIX / BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR	<b>30 TESTING – 12:30 DISMISSAL</b> <b>BREADED CHICKEN SANDWICH</b> <b>PEPPERONI OR CHEESE PIZZA</b> or Alternate Entrée OVEN BAKED CURLY FRIES Vegetable & Fruit Options		
						<b>MONDAY, JUNE 1<sup>ST</sup></b> TESTING – 12:30 DISMISSAL <b>BREADED CHICKEN SANDWICH</b> <b>PEPPERONI OR CHEESE PIZZA</b> or Alternate Entrée OVEN BAKED CURLY FRIES Vegetable & Fruit Options
					<b>TUESDAY, JUNE 2<sup>ND</sup></b> 10:25 Dismissal <b>No Lunch Served!</b>	




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	THURSDAY	FRIDAY	LUNCH PRICE: \$2.75
<p>Don't miss the 2014 TigerFit Fun Run on Saturday, April 26<sup>th</sup> at 10am</p> <p><a href="#">REGISTRATION INFO</a></p>	<p>1 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options OR TWINPOTLE BURRITO BAR</p>	<p>2 (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 &amp; Fruit Options OR CHICKEN PARMESAN SANDWICH &amp; PASTA</p>	<p>3 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options OR ASIAN BAR</p>	<p>4 SOUTHERN PULLED PORK SANDWICH  PEPPERONI OR CHEESE PIZZA or Alternate Entrée OVEN BAKED CURLY FRIES BUTTERED CORN Vegetable &amp; Fruit Options EXTRA SLICES \$1.75 EACH or Burger &amp; Curly Fry Bar</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>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES OR WRAPS <b>BLACK BEAN BURGER</b></p> <p><b>CHEESE PIZZA AVAILABLE ON GOURMET PIZZA DAY!</b></p> <p><b>NEW MENU FEATURE</b> <b>HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</b></p>
<p>7</p> <p>6 MINI W.G CORN DOGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable &amp; Fruit Options OR (8) W.G. CHICKEN FRIES W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>8 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options OR SUB<sub>YOURWAY</sub> BAR</p>	<p>9</p> <p>WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable &amp; Fruit Options OR PASTA &amp; SALAD BAR</p>	<p>10 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options OR ASIAN BAR</p>	<p>11 <b>GRILLED CHEESE ON A W.W. PRETZEL BUN</b>  PEPPERONI OR CHEESE PIZZA or Alternate Entrée OVEN BAKED CURLY FRIES GREEN BEANS Vegetable &amp; Fruit Options EXTRA SLICES \$1.75 EACH or Burger &amp; Curly Fry Bar</p>	
<p>14</p> <p>CHICKEN BACON MOZZ SUB ON A WW HOAGIE OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée MASHED POTATOES Vegetable &amp; Fruit Options Or 6 SPICY OR REG. POPCORN WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>15 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options Or TURKEY &amp; GRAVY OVER NOODLES WITH A ROLL</p>	<p>16</p> <p>(4) FRENCH TOAST w/ Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable &amp; Fruit Options OR CHICKEN PARMESAN W/ GARLIC BREADSTICK &amp; PASTA</p>	<p>17</p> <p><b>NO SCHOOL!</b></p>	<p>18</p> <p><b>GOOD FRIDAY! NO SCHOOL!</b></p>	
<p>21</p> <p><b>NO SCHOOL!</b></p>	<p>22 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options OR SUB<sub>YOURWAY</sub> BAR</p>	<p>23</p> <p>WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable &amp; Fruit Options OR CHICKEN ALFREDO OVER PENNE PASTA W/ GARLIC BREADSTICK</p>	<p>24 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options OR ASIAN BAR</p>	<p>25 2 W.W. POPCORN CHICKEN WRAPS  PEPPERONI OR CHEESE PIZZA or Alternate Entrée OVEN BAKED CURLY FRIES GREEN BEANS Vegetable &amp; Fruit Options EXTRA SLICES \$1.75 EACH or Burger &amp; Curly Fry Bar</p>	
<p>28</p> <p>2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable &amp; Fruit Options Or 6 SPICY OR REG. POPCORN WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>29 <b>TIGRE TACO TREMENDO</b> 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 &amp; Fruit Options OR TWINPOTLE BURRITO BAR</p>	<p>30</p> <p>(9) Mini Pancakes w/ Syrup with 2 Slices of Fried Ham or W. W. GOURMET PIZZA OR ALTERNATE ENTREE 2 POTATO TRIANGLES Vegetable &amp; Fruit Options OR CHICKEN PARMESAN SANDWICH &amp; PASTA</p>	<p><b>FRUIT &amp; VEG OPTIONS: Monday, Wednesday, Friday</b></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 &amp; Canned Mandarin Oranges, Ass't'd Can Fruit, Grapes or Cantaloupe</p>		
				<p><b>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</b></p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots</p> <p>PICK 2 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges. Ass't'd Canned Fruit</p>	