



TWINSBURG WELLNESS – MARCH 2013 – THIS MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.75
<p>3</p> <p>6 MINI W.G CORN DOGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée MASHED POTATOES Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>4</p> <p>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>5</p> <p>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 (MEATBALLS) W/ GARLIC ROLL</p>	<p>6</p> <p>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 FORTUNE COOKIE</p>	<p>7</p> <p> PEPPERONI OR CHEESE PIZZA or Alternate Entrée GREEN BEANS Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar</p>	<p>All lunches include a Fat-free Choc, Skim or 1% 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>NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</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>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS BLACK BEAN BURGER CHEESE PIZZA AVAILABLE ON GOURMET PIZZA DAY!</p>
<p>10</p> <p>CHICKEN BACON MOZZ SUB ON A WW HOAGIE OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options OR (8) W.G. CHICKEN FRIES W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>11</p> <p>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. STUFFING WITH A ROLL</p>	<p>12</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 & Fruit Options OR CHICKEN PARMESAN W/ GARLIC BREADSTICK & PASTA</p>	<p>13</p> <p>TIGRE TACO TREMENDO CHOOSE FROM TACO SALAD, NACHOS SUPREME OR 2 HARD OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) CHEESY Breadstox w/ sce OR ALTERNATE ENTREE BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR BLUE RASPBERRY SORBET AVAILABLE IN PLACE OF MILK</p>	<p>14</p> <p> PEPPERONI OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar</p>	
<p>17</p> <p>2 W.W. POPCORN CHICKEN WRAPS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée CHEDDAR GARKUC MASHED POTATOES Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>18</p> <p>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>19</p> <p>5 BBQ MEATBALLS WITH WW HOT SOFT PRETZEL or W. W. GOURMET PIZZA OR ALTERNATE ENTREE ½ TWICE BAKED POTATO Vegetable & Fruit Options OR CHICKEN ALFREDO OVER PENNE PASTA W/ GARLIC BREADSTICK</p>	<p>20</p> <p>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 FORTUNE COOKIE</p>	<p>21</p> <p> PEPPERONI OR CHEESE PIZZA or Alternate Entrée GREEN BEANS Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar</p>	
	<p>SPRING BREAK – NO SCHOOL! MARCH 24TH -28TH</p>				
<p>31</p> <p>2 CHICKEN OR CHEESE QUESIDILLAS W/ TOPPINGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</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't'd Can Fruit, Grapes or 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 Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit</p>		




The USDA is an equal opportunity provider and employer.



TWINSBURG WELLNESS – APRIL 2014 – THIS MENU



Students must select a minimum of 3 items to qualify as a reimbursable lunch! 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 26th at 10am</p> <p>REGISTRATION INFO</p>	<p>1 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>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 & Fruit Options OR CHICKEN PARMESAN SANDWICH & PASTA</p>	<p>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 BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR</p>	<p>4  PEPPERONI OR CHEESE PIZZA or Alternate Entrée BUTTERED CORN Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & 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>7 6 MINI W.G CORN DOGS OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée MASHED POTATOES Vegetable & Fruit Options Or 6 SPICY OR REG. POPCORN WITH W.W.DINNER ROLL MASHED POTATOES W/ GRAVY</p>	<p>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 REFRIED BEANS Vegetable & Fruit Options OR SUB_{YOURWAY} BAR</p>	<p>9 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</p>	<p>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 BUTTERED CORN Vegetable & Fruit Options OR ASIAN BAR</p>	<p>11  PEPPERONI OR CHEESE PIZZA or Alternate Entrée GREEN BEANS Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar</p>	
<p>14 CHICKEN BACON MOZZ SUB ON A WW HOAGIE OR W. W. PEP OR CHEESE PIZZA or Alternate Entrée BBQ BAKED BEANS Vegetable & Fruit Options OR (8) W.G. CHICKEN FRIES W/ W.W. WW MINI PRETZEL - BBQ BAKED BEANS</p>	<p>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 BLACK BEANS AND RICE Vegetable & Fruit Options Or TURKEY & GRAVY OVER NOODLES WITH A ROLL</p>	<p>16 (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>17 NO SCHOOL!</p>	<p>18 GOOD FRIDAY! NO SCHOOL!</p>	<p>NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</p>
<p>21 NO SCHOOL!</p>	<p>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 REFRIED BEANS Vegetable & Fruit Options OR SUB_{YOURWAY} BAR</p>	<p>23 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 CHICKEN ALFREDO OVER PENNE PASTA W/ GARLIC BREADSTICK</p>	<p>24 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>25  PEPPERONI OR CHEESE PIZZA or Alternate Entrée GREEN BEANS Vegetable & Fruit Options EXTRA SLICES \$1.75 EACH or Burger & Curly Fry Bar</p>	
<p>28 2 W.W. POPCORN CHICKEN WRAPS 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>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 BLACK BEANS AND RICE Vegetable & Fruit Options OR TWINPOTLE BURRITO BAR</p>	<p>30 (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</p>	<p>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, Ass'd Can Fruit, Grapes or Cantaloupe</p>		<p>00FRUIT & 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. Ass'd Canned Fruit</p>