



TWINSBURG WELLNESS & NUTRITION



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



BAUMAN ORCHARDS, INC.

Fresh local apples grown in Rittman, Ohio



For the 2017-18 School Year, Twinsburg City Schools will be buying only the best locally grown apples for our students! Each month we will feature a new fresh, local apple from Bauman Orchards. We hope your students enjoy the fresh difference!

Aug & Sept.	- Paula Red Apples	February	- Empire Apples
October	- Yellow Delicious	March	- Melrose Apples
November	- Pink Lady Apples	April	- Red Delicious
December	- Macintosh Apples	May	- Fuji Apples
January	- Gold Rush Apple		

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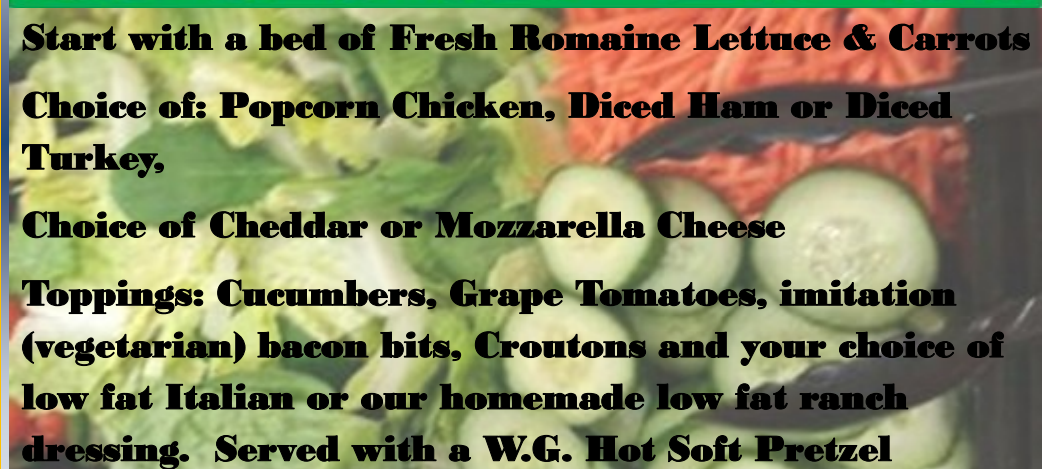
You Choose, We Serve SALAD BAR

Start with a bed of Fresh Romaine Lettuce & Carrots

Choice of: Popcorn Chicken, Diced Ham or Diced Turkey.

Choice of Cheddar or Mozzarella Cheese

Toppings: Cucumbers, Grape Tomatoes, imitation (vegetarian) bacon bits, Croutons and your choice of low fat Italian or our homemade low fat ranch dressing. Served with a W.G. Hot Soft Pretzel



STRAWBERRY AND MIXED BERRY SMOOTHIE

MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES WITH YOPLAIT VANILLA YOGURT



HEALTHY OFFERINGS BACK IN 2017-18

AS ALWAYS...WE USE OUR HOMEMADE, FRESH, LOW SODIUM PIZZA SAUCE AND GARLIC PASTE ON OUR WHOLE GRAIN PIZZAS AND CHEESY BREADS

Whole Grain Mini Corn Dogs (Chicken) and Whole Grain Mini Pancakes






WILCOX & BISSELL 2017-18 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

OCTOBER & NOVEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 30th— November 3rd	CORN DOG (turkey) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WAFFLE FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRY APPLESAUCE 4oz ORANGE JUICE Bonus—Mini Rice Krispie Treat	HALLOWEEN (5) CREEPY CHICKEN NUGGETS W/ DANGEROUS DINNER ROLL or (2) CREEPY CHEESY BREAD PICK 1 or 2 SMASHED POTATOES w/GRVY SPOOKY SALAD w/ DRSG PICK 1: SCARY STRAWBERRIES CANNED PEARS	STRAWBERRY SMOOTHIE W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS SUNSET SIP— BLEND VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 1 (Beginning) November 6th	7 MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: JUICY ORANGE JELLO (made with real orange juice) CINNAMON APPLESAUCE	Election Day No School!	You Choose, We Serve SALAD BAR W/ HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: BABY CARROTS SLICED CUKES W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans DRAGON PUNCH JUICE — BLEND VEGGIE JUICE PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
WEEK 2 (Beginning) November 13th	ALL BEEF HOT DOG ON A BUN or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WAFFLE FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRY APPLESAUCE 4oz ORANGE JUICE Bonus—Mini Rice Krispie Treat	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	MIXED BERRY SMOOTHIE W/ HOT SOFT PRETZEL OR PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: TEX MEX BAKED BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—GRIPZ CHOCOLATE CHIP	SLICED TURKEY & CHEESE ON A HOMEMADE SUB BUN OR CHEESE PIZZA PICK 1 or 2: CRISPY THIN FRIES SUNSET SIP— BLEND VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE BONUS—PB SUNBUTTER BAR
WEEK 3 (Beginning) November 20th	7 MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES CINNAMON APPLESAUCE	WALKING TACO (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF LOW FAT DORITOS) or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	 <p style="text-align: center;">THANKSGIVING BREAK NO SCHOOL NOVEMBER 22ND—24TH SUNBUTTER BAR IS PEANUT & TREENUT FREE</p>		

STRAWBERRY AND MIXED BERRY SMOOTHIES ARE MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES AND YOPLAIT VANILLA YOGURT!

GREEN PRINT INDICATES VEGETARIAN OPTION

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

The USDA is an equal opportunity provider and employer.



WILCOX & BISSELL 2017-18 MENU

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 Students must take at least one fruit or vegetable.

LUNCH
 PRICE:
\$2.75

November & December 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) November 27th - December 1st	5 MINI CORN DOGS (turkey) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WAFFLE FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRY APPLESAUCE 4oz ORANGE JUICE Bonus—Mini Rice Krispie Treat	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	STRAWBERRY SMOOTHIE W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS SUNSET SIP —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 1 (Beginning) December 4th	3 PANCAKES w/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: JUICY ORANGE JELLO (made with real orange juice) CINNAMON APPLESAUCE	WALKING TACO (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	You Choose, We Serve SALAD BAR W/ HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: BABY CARROTS SLICED CUKES W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans DRAGON PUNCH JUICE — BLENDED VEGGIE JUICE PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
WEEK 2 (Beginning) December 11th	ALL BEEF HOT DOG ON A BUN or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WAFFLE FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRY APPLESAUCE 4oz ORANGE JUICE Bonus—Mini Rice Krispie Treat	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	MIXED BERRY SMOOTHIE W/ HOT SOFT PRETZEL OR PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: TEX MEX BAKED BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS SUNSET SIP —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 3 (Beginning) December 18th	3 PANCAKES w/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES CINNAMON APPLESAUCE	WALKING TACO (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF LOW FAT DORITOS) or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS W/ DIP PICK 1: DICED STRAWBERRIES OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	You Choose, We Serve SALAD BAR W/ HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: BABY CARROTS SLICED CUKES W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans DRAGON PUNCH JUICE — BLENDED VEGGIE JUICE PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	LAST DAY BEFORE WINTER BREAK! GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE BONUS—ICED HOLIDAY COOKIE

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