

# **TWINSBURG WELLNESS & NUTRITION**

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

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# BAUMAN



#### 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!

May

Aug & Sept.	- Paula Red Apples
October	- Yellow Delicious
November	- Pink Lady Apples
December	- Macintosh Apples
lanuary	- Gold Rush Apple

- February - Empire Apples - Melrose Apples March April
  - Red Delicious
  - Fuji Apples

# You Choose, We Serve

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 HEALTHY OFFERINGS BACK IN 2017-18** Whole Grain Mini Corn Dogs **BERRY SMOOTHIE** (Chicken) and Whole Grain **MADE WITH WHOLE** Mini Pancakes **STRAWBERRIES AND BLUE-BERRIES WITH YOPLAIT VA-**NILLA YOGURT **AS ALWAYS...WE USE OUR** R.B. HOMEMADE, FRESH, LOW SODIUM **PIZZA SAUCE AND GARLIC PASTE ON OUR WHOLE GRAIN PIZZAS AND** CHEESY BREADS



## 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 402 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-BLENDED 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 — 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) 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 402 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—BLENDED 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 DORITIOS) 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	HAPPY HANKSGIVING O DAV DAV	THANKSGIVING BREAK NO SCHOOL NOVEMBER 22ND—24TH NBUTTER BAR IS PEANUT & TREENUT FREE		
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.						



**YOPLAIT VANILLA YOGURT!** 

## 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

#### November & December 2017 Monday Wednesday Thursday Friday Tuesday WEEK 4 (Beginning) 5 MINI CORN DOGS (turkey) (5) CHICKEN NUGGETS CHICKEN PATTY SANDWICH NACHOS W/REAL NACHO **STRAWBERRY** or PEPPERONI OR CHEESE PIZZA CHEESE SAUCE W/W.W.DINNER ROLL or MACARONI & CHEESE SMOOTHIE November 27th OR BURGER OR CHEESEBURGER PICK 1 or 2: or (2) HOMEMADE CHEESY PICK 1 or 2: BROCCOLI W/ CHEESE SCE W/ HOT SOFT PRETZEL PICK 1 or 2: TEX MEX BAKED SEASONED WAFFLE FRIES BREADSTICKS w/ SAUCE SLICED CUKES W/ DIP or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: MASHED POTATOES/GRVY BEANS **BABY CARROTS W/ DIP** - December 1st PICK 1: PEACHES PICK 1 or 2: BAKED CURLY FRIES **ROMAINE SALAD w/ DRSG** SUNSET SIP-BLENDED VEGGIE JUICE PICK 1: STRAWBERRY APPLESAUCE ROMAINE SALAD w/ DRSG FRESH APPLE SLICES w/ DIP PICK 1: DICED STRAWBERRIES PICK 1: PINEAPPLE TIDBITS 4oz ORANGE JUICE PICK 1: RED SEEDLESS GRAPES Sliced Banana w/ CHOC. DRIZZLE BONUS—CARNAVAL COOKIE CANNED PEARS Bonus—Mini Rice Krispie Treat **CINNAMON APPLESAUCE** BONUS - FORTUNE COOKIE PEPPERONI OR PEPPERONI WEEK 1 (Beginning) WALKING TACO You Choose. We Serve **POPCORN CHICKEN 3 PANCAKES W/ SYRUP** AND SAUSAGE PIZZA w/ 1.5 oz Slice of Fried Ham (TACO MEAT, CHEESE AND LETTUCE IN A SALAD BAR W/ MINI HOT SOFT PRETZEL **OR HOT SOFT PRETZEL** BAG OF REDCUCED FAT DORITIOS) **December 4th** or PEPPERONI OR CHEESE PIZZA W/ HOT SOFT PRETZEL or (2) HOMEMADE CHEESY or (2) HOMEMADE CHEESY W/ REAL NACHO CHEESE SAUCE or STRAWBERRY YOGURT W/ HOT SOFT PICK 1 or 2: POTATO TRIANGLE BREADSTICKS w/ SAUCE BREADSTICKS w/ SAUCE PRFT7FI PICK 1 or 2: BROCCOLI W/ CHEESE SCE BABY CARROTS W/ DIP PICK 1 or 2: BBQ Baked Beans PICK 1 or 2: BUTTERED CORN PICK 1 or 2: BABY CARROTS **BABY CARROTS W/ DIP** PICK 1: JUICY ORANGE JELLO (made DRAGON PUNCH JUICE BABY CARROTS w/ DIP SLICED CUKES W/ DIP with real orange juice) BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES PICK 1: DICED STRAWBERRIES PICK 1: PINEAPPLE CHUNKS CANNED PEARS Sliced Banana w/ CHOC, DRIZZLE CINNAMON APPLESAUCE PICK 1: PEACHES **CINNAMON APPLESAUCE** BONUS—GIANT GOLDFISH GRAHAM FRESH APPLE SLICES w/ DIP BONUS – CHOCOLATE CHIP COOKIE **BONUS—FORTUNE COOKIE** ALL BEEF HOT DOG ON A BUN (5) CHICKEN NUGGETS MIXED BERRY CHICKEN PATTY SANDWICH NACHOS W/REAL NACHO **or PEPPERONI OR CHEESE PIZZA** CHEESE SAUCE W/W.W.DINNER ROLL SMOOTHIE or (2) HOMEMADE CHEESY December 11th OR BURGER OR CHEESEBURGER PICK 1 or 2: or (2) HOMEMADE CHEESY W/ HOT SOFT PRETZEL **BREADSTICKS w/ SAUCE** PICK 1 or 2: TEX MEX BAKED SEASONED WAFFLE FRIES OR PEPPERONI OR CHEESE PIZZA BREADSTICKS w/ SAUCE PICK 1 or 2: TEX MEX BAKED BEANS BEANS PICK 1 or 2: BAKED CURLY FRIES **BABY CARROTS W/ DIP** PICK 1 or 2: MASHED POTATOES/GRVY SLICED CUKES W/ DIP SUNSET SIP-BLENDED VEGGIE JUICE ROMAINE SALAD w/ DRSG ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY APPLESAUCE PICK 1:: PEACHES PICK 1: PINEAPPLE CHUNKS PICK 1: RED SEEDLESS GRAPES **PICK 1: DICED STRAWBERRIES** 4oz ORANGE JUICE FRESH APPLE SLICES w/ DIP Sliced Banana w/ CHOC. DRIZZLE CINNAMON APPLESAUCE Bonus—Mini Rice Krispie Treat CANNED PEARS **BONUS—CARNAVAL COOKIE BONUS – FORTUNE COOKIE** LAST DAY BEFORE WINTER BREAK! WEEK 3 (Beginning) **3 PANCAKES W/ SYRUP** WALKING TACO You Choose, We Serve POPCORN CHICKEN (TACO MEAT, CHEESE AND LETTUCE w/ 1.5 oz Slice of Fried Ham SALAD BAR W/W.W. MINI HOT SOFT PRETZEL **GRILLED CHEESE SANDWICH** IN A BAG OF LOW FAT DORITIOS) **December 18th** or PEPPERONI OR CHEESE PIZZA W/ HOT SOFT PRETZEL or (2) HOMEMADE CHEESY **OR SLOPPY JOE SANDWICH** or (2) HOMEMADE CHEESY PICK 1 or 2: POTATO TRIANGLE or STRAWBERRY YOGURT W/ HOT SOFT BREADSTICKS w/ SAUCE PICK 1 or 2: OVEN BAKED CURLY BREADSTICKS w/ SAUCE PRETZEL **BABY CARROTS W/ DIP** PICK 1 or 2: BBQ Baked Beans FRIES PICK 1 or 2: BUTTERED CORN PICK 1 or 2 BABY CARROTS PICK 1: WARM CINNAMON SUGAR **DRAGON PUNCH JUICE** BABY CARROTS w/ DIP **BABY CARROTS W/ DIP** SLICED CUKES W/ DIP APPLE SLICES BLENDED VEGGIE JUICE PICK 1: DICED STRAWBERRIES PICK 1: RED SEEDLESS GRAPES PICK 1: PINEAPPLE CHUNKS **CINNAMON APPLESAUCE OR CANNED PEARS** Sliced Banana w/ CHOC, DRIZZLE PICK 1: PEACHES **CINNAMON APPLESAUCE** BONUS—GIANT GOLDFISH GRAHAM BONUS – CHOCOLATE CHIP COOKIE FRESH APPLE SLICES w/ DIP BONUS-ICED HOLIDAY COOKIE **GREEN PRINT INDICATES VEGETARIAN OPTION** STRAWBERRY AND MIXED BERRY SMOOTHIES ARE MADE ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS. WITH WHOLE STRAWBERRIES AND BLUEBERRIES AND

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