TWINSBURG WELLNESS - DECEMBER 2013 - WILCOX & BISSELL MENU MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY** GOLDFISH WHITE WHOLE GRAIN W.W. SOFT OR CRUNCHY JUMBO WHOLE GRAIN CORN DOG **GRILLED CHEESE** POPCORN CHICKEN OR HOMEMADE 100% BEEF BREAKFAST BAGEL TACO W/ TOPPINGS or W.W. PEPPERONI W/ W.W. MINI HOT SOFT PRETZEL HAMBURGER OR CHEESEBURGER WITH FUNSIZE DORITOS (egg, cheese, bacon or sausage) OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY ON A WW BUN or W.W. (2) HOMEMADE CHEESY or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 OR 2: 4 POTATO SMILES BREADSTICKS / sce PICK 1 or 2: GREEN BEANS BREADSTICKS / sce PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS W/ DIP PICK 1 or 2: BBQ Baked Beans ROMAINE SALAD w/ DRSG PICK 1 or 2: BUTTERED CORN BABY CARROTS W/ DIP SLICED CUKES W/ DIP PICK 1: STRAWBERRIES W/ TOPPING BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS PICK 1: FLAVORED APPLESAUCE PICK 1: PEACHES CINNAMON APPLESAUCE PICK 1: CANNED PEARS Sliced Banana w/ CHOC. SYRUP **4 OZ ORANGE JUICE** FRESH APPLE SLICES w/ DIP **BONUS W.G. GOLDFISH GRAHAM** FRESH CANTALOUPE WEDGE 10 11 12 13 (3) FRENCH TOAST STIX W/ SYRUP (6) W.G. CHICKEN FRIES **TURKEY & GRAVY OVER NOODLES** W.W. CHICKEN PATTY SANDWICH with 1.5 oz Slice of Fried Ham W/ W.W.DINNER ROLL or W.W. PEPPERONI or W.W. (2) HOMEMADE CHEESY SAUCE OR CHEESE PIZZA BREADSTICKS / sce or W.W. PEPPERONI OR CHEESE or W.W. (2) HOMEMADE CHEESY OR HOMEMADE 100% BEEF **BREADSTICKS** / sce PIZZA

MANDARIN ORANGES

16 (6) MINI PANCAKES W/ SYRUP with 1.5oz Slice of Fried Ham or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES

BABY CARROTS W/ DIP

PICK 1 or 2: SEASONED WEDGE FRIES

BABY CARROTS W/ DIP

PICK 1: FLAVORED APPLESAUCE

PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES

Whole Grain CHICKEN OR CHEESE **QUESIDILLA W/ TOPPINGS** WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BRÉADSTICKS / sce

PICK 1 or 2: FRESH STEAMED BROCCOLI

PICK 1: CANNED PEARS

W/ CHEESE SAUCE

ROMAINE SALAD w/ DRSG

FRESH CANTALOUPE WEDGE

PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS

FRESH CANTALOUPE

PICK 1OR 2: GREEN BEANS BABY CARROTS W/ DIP PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP BONUS - GRIPZ W.W. CHOCOLATE CHIP

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GRAHAM COOKIES

5 WHOLE GRAIN MINI CORN

DOGS

or W.W. PEPPERONI OR CHEESE PIZZA

PICK 1 OR 2: OVEN BAKED CURLY FRIES

BABY CARROTS W/ DIP

Sliced Banana w/ CHOC. SYRUP

PICK 1 or 2: SWEET MASHED POTATOES W BROWN SUGAR AND MELTED MARSHMALLOWS SLICED CUKES W/ DIP

PICK 1: STRAWBERRIES W/ TOPPING FRUIT PUNCH JELLO (100% JUICE)

POPCORN CHICKEN

W/ W.W. MINI HOT SOFT PRETZEL

or W.W. (2) HOMEMADE CHEESY

BREADSTICKS / sce

SLICED CUKES W/ DIP

FRESH APPLE SLICES w/ DIP

PICK 1 or 2: BBQ Baked Beans

PICK 1: PEACHES

NACHOS W/ REAL NACHO CHEESE

HAMBURGER OR CHEESEBURGER ON A WW BUN

PICK 1 or 2: REFRIED BEANS W/ CHEESE BABY CARROTS w/ DIP

PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE

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Whole Wheat HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR HAMBURGER OR CHEESEBURGER ON A WW BUN

PICK 1 or 2: FRESH STEAM BROCCOLI BABY CARROTS W/ DIP

PICK 1: STRAWBERRIES W/ TOPPING CINNAMON APPLESAUCE

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 educedprice 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: \$

Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take

at least one fruit or vegetable.

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

WINTER BREAK – DECEMBER 23 – JANUARY 6 – NO SCHOOL!

PICK 1: PINEAPPLE CHUNKS



2014 TIGER WELLNESS WORKSHOP

WHEN: Saturday, January 18th from 9am to noon

WHERE: THS Commons

WHAT: -Free Youth Fitness Testing with prizes

-Fitness Demos

-Area health and wellness businesses showing off their

products or services.

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-Tiger 2 for 2 for Hunger Free Throw Contest - \$2.00 for 2 minutes of free throws with all proceeds going to Paws on Hunger (Top Boy and Girl from each school when a great prize).

CLICK ON LINK TO THE LEFT FOR MORE INFO

FRUIT & Veggie Patro

One time each month the Fruit and Veggie Patrol will be stopping by your school to catch you eating your fruits and vegetables. Watch for our Rainbow Tie dye shirts and remember to bring and eat your fruits and vegetables at lunch. It doesn't matter if you pack or buy, if you're eating it, you will get a fun foam sticker or prize!

TWINSBURG WELLNESS - NOVEMBER 2013 - WILCOX & BISSELL MENU LUNCH PRICE: \$2 WEDNESDAY MONDAY TUESDAY THURSDAY **FRIDAY** All lunches include a Breakfast now Fruit & Veggie Patrol Fat-free Choc. Skim or 1% Milk NACHOS W/ REAL NACHO CHEESE One time each month the Fruit and Veggie Patrol will be available daily. Milk offered for .50 cents SAUCE stopping by your school to try to catch you eating your fruits and Prepay for 5 lunches for 12.50 OR HOMEMADE 100% BEEF HAMBURGER OR Click here for CHEESEBURGER ON A WW BUN or 10 lunches for \$25.00. R educedvegetables. Watch for our rainbow tie dye shirts and remember PICK 1 or 2: REFRIED BEANS W/ CHEESE price pre-paid lunches for \$2.00. bring and eat your fruits and vegetables at lunch. It doesn't matter if you **Breakfast Info** BABY CARROTS w/ DIP Breakfast available daily for \$1.50 pack or buy, if you're eating it, you will get a fun foam sticker or prize! PICK 1: STRAWBERRIES W/ TOPPING full price, .30 reduced-price, and and Menu CINNAMON APPLESAUCE FREE for all approved free students. GOLDFISH GRILLED Our menus are (6) MINI PANCAKES W/ SYRUP **TURKEY HOT DOG** CHEESE SANDWICH (W.W.) POPCORN CHICKEN planned by with 1.5 oz Slice of Fried Ham ON A W.W. BUN W/ W.W. MINI HOT SOFT PRETZEL OR HOMEMADE 100% BEEF HAMBURGER OR **ELECTION DAY** or W.W. PEPPERONI OR CHEESE PIZZA or WHITE WHOLE WHEAT CHEESEBURGER ON A WW BUN Registered or W.W. (2) HOMEMADE CHEESY PEPPERONI OR CHEESE PIZZA PICK 1 or 2: 4 POTATO SMILES PICK 1 or 2: GREEN BEANS BREADSTICKS / sce **Dietitian Mark** BABY CARROTS w/ DIP ROMAINE SALAD w/ DRSG PICK 1 or 2: (2) POTATO TRIANGLES PICK 1 or 2: BBQ Baked Beans PICK 1: PINEAPPLE CHUNKS PICK 1: STRAWBERRIES W/ TOPPING BABY CARROTS W/ DIP Bindus and are NO SCHOOL! SLICED CUKES W/ DIP Sliced Banana w/ CHOC. SYRUP CINNAMON APPLESAUCE PICK 1: PEACHES certified by the PICK 1: FLAVORED APPLESAUCE **BONUS HOMEMADE CHOCOLATE RICE BONUS - FORTUNE COOKIE** FRESH APPLE SLICES w/ DIP KRISPIE TREAT MANDARIN ORANGES **USDA** to meet or exceed the highest 11 12 13 WHITE WHOLE GRAIN (6) W.G. CHICKEN FRIES 5 WHOLE GRAIN MINI CORN standards **MACARONI & CHEESE (W.W.)** NACHOS W/ REAL NACHO CHEESE W/ W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREAKFAST BAGEL DOGS SAUCE required. or W.W. (2) HOMEMADE or W.W. PEPPERONI OR CHEESE PIZZA BREADSTICKS / sce OR HOMEMADE 100% BEEF HAMBURGER OR (egg, cheese, bacon or sausage) PICK 1 or 2: FRESH STEAMED BROCCOLI CHEESY BREADSTICKS / sce CHEESEBURGER ON A WW BUN or W.W. PEPPERONI OR CHEESE PIZZA PICK 1: OVEN BAKED CURLY FRIES SLICED CUKES W/ DIP PICK 1 or 2: REFRIED BEANS W/ CHEESE BARY CARROTS W/ DIP PICK 1 or 2: (2) POTATO TRIANGLES PICK 1 or 2: MASHED POTATOES / Grvv **HealthierUS** BABY CARROTS w/ DIP PICK 1: PEACHES BABY CARROTS W/ DIP ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS FRESH APPLE SLICES w/ DIP PICK 1: STRAWBERRIES W/ TOPPING PICK 1: FLAVORED APPLESAUCE PICK 1: CANNED PEARS **School** Sliced Banana w/ CHOC, SYRUP BONUS - CHOCOLATE CHIP GRIPZ CINNAMON APPLESAUCE 4 OZ ORANGE JUICE FRESH CANTALOUPE 18 21 20 THANKSGIVING FEAST (3) FRENCH TOAST STIX W/ SYRUP MEATBALL SUB ON A W.W. HOT POPCORN CHICKEN Whole Wheat HOT SOFT PRETZEL Students must select a SLICED TURKEY W/ ROLL DOG BUN with 1.5 oz Slice of Fried Ham W/ W.W. MINI HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE minimum of 3 items to or W.W. PEPPERONI OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY or W.W. PEPPERONI OR CHEESE OR HOMEMADE 100% BEEF HAMBURGER OR or W.W. (2) HOMEMADE CHEESY qualify as a reimbursable PICK 1 OR 2: MASHED POTATOES BRÉADSTICKS / sce CHEESEBURGER ON A WW BUN PIZZA BREADSTICKS / sce **BUTTERED CORN** PICK 1 or 2: FRESH STEAM BROCCOLI PICK 1: GREEN BEANS lunch! Students must take PICK 1 or 2: SEASONED WEDGE FRIES PICK 1 or 2: BBQ Baked Beans SWEET POTATOES BABY CARROTS W/ DIP BABY CARROTS W/ DIP BABY CARROTS W/ DIP at least one fruit or SLICED CUKES W/ DIP PICK 1: CANNED PEARS PICK 1: PINEAPPLE TIDBITS PICK 1: FLAVORED APPLESAUCE PICK 1: STRAWBERRIES W/ TOPPING vegetable. FRESH CANTALOUPE Sliced Banana w/ CHOC, SYRUP PICK 1: PEACHES MANDARIN ORANGES CINNAMON APPLESAUCE FRESH APPLE SLICES w/ DIP **BONUS - MINI RICE KRISPIE BONUS - APPLE CRISP** 29 27 28 25 (6) W.G. CHICKEN FRIES (6) MINI PANCAKES W/ SYRUP W/ W.W.DINNER ROLL with 1.5oz Slice of Fried Ham NO SCHOOL! or W.W. (2) HOMEMADE CHEESY THANKSGIVING BREAK or WHITE WHOLE WHEAT BREADSTICKS / sce PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS PICK 1: FLAVORED APPLESAUCE FRESH CANTALOUPE

MANDARIN ORANGES