



TWINSBURG WELLNESS – JANUARY 2014 – WILCOX & BISSELL MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH PRICE: \$2.50

Breakfast now available daily.

[Click here for Breakfast Info and Menu](#)



Fruit & Veggie Patrol

One time each month the Fruit and Veggie Patrol will be stopping by your school to try to catch you eating your fruits and vegetables. Watch for our rainbow tie dye shirts and remember 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!



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.

6

TEACHER WORK DAY

NO SCHOOL!

7

(6) W.G. CHICKEN FRIES
W/ W.W.DINNER ROLL
or **W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce**

PICK 1 or 2: MASHED POTATOES / GRVY
ROMAINE SALAD w/ DRSG
PICK 1: CANNED PEARS
FRESH CANTALOUPE

8

WHOLE GRAIN CORN DOG
or W.W. PEPPERONI
OR CHEESE PIZZA

PICK 1: **4 POTATO SMILES**
BABY CARROTS W/ DIP
PICK 1: PINEAPPLE CHUNKS
Sliced Banana w/ CHOC. SYRUP

9

W.W. CHICKEN PATTY SANDWICH
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS / sce**

PICK 1 or 2: BUTTERED CORN
SLICED CUKES W/ DIP
PICK 1: PEACHES
FRESH APPLE SLICES w/ DIP

10

NACHOS W/ REAL NACHO CHEESE SAUCE

OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN
PICK 1 or 2: **CRUNCHY CINNAMON CHICKPEA SNACK**
BABY CARROTS w/ DIP
PICK 1: STRAWBERRIES W/ TOPPING
CINNAMON APPLESAUCE

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

13

(3) FRENCH TOAST STIX W/ SYRUP
with 1.5 oz Slice of Fried Ham
or W.W. PEPPERONI OR CHEESE PIZZA
PICK 1 or 2: SEASONED WEDGE FRIES
BABY CARROTS W/ DIP
PICK 1: FLAVORED APPLESAUCE
MANDARIN ORANGES

14

W.W. SOFT OR CRUNCHY JUMBO TACO W/ TOPPINGS
WITH FUNSIZE DORITOS
or **W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce**

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

15

TURKEY HOT DOG
ON A W.W. BUN
or W.W. PEPPERONI OR CHEESE PIZZA
PICK 1 or 2: Oven Baked Curly Fries
BABY CARROTS w/ DIP
PICK 1: PINEAPPLE CHUNKS

Berry & Lemon Swirl
Frozen 100% Juice Cups

16

POPCORN CHICKEN
W/ W.W. MINI HOT SOFT PRETZEL
or **W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce**

PICK 1 or 2: BBQ Baked Beans
SLICED CUKES W/ DIP
PICK 1: PEACHES
FRESH APPLE SLICES w/ DIP

17

Whole Wheat **HOT SOFT PRETZEL**
W/ REAL NACHO CHEESE SAUCE
OR HOMEMADE 100% BEEF 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

2014 TIGER WELLNESS WORKSHOP
WHEN: Saturday, January 18th from 9am to noon
WHERE: THS Commons



20

MARTIN LUTHER KING JR DAY

NO SCHOOL!

21

(6) W.G. CHICKEN FRIES
W/ W.W.DINNER ROLL
or **W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce**

PICK 1 or 2: MASHED POTATOES / Grvy
ROMAINE SALAD w/ DRSG
PICK 1: CANNED PEARS
FRESH CANTALOUPE

22

5 WHOLE GRAIN MINI CORN DOGS
or W.W. PEPPERONI OR CHEESE PIZZA
PICK 1: SEASONED WEDGE FRIES
BABY CARROTS W/ DIP
PICK 1: PINEAPPLE CHUNKS
Sliced Banana w/ CHOC. SYRUP

23

W.W. CHICKEN PATTY SANDWICH
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS / sce**

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)

24

NACHOS W/ REAL NACHO CHEESE SAUCE

OR HOMEMADE 100% BEEF 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

Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.

27

(6) MINI PANCAKES W/ SYRUP
with 1.5 oz 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: FLAVORED APPLESAUCE
MANDARIN ORANGES

28

WW PASTA WITH 3 MEATBALLS AND A GARLIC BREADSTICK
or **W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce**

PICK 1: GREEN BEANS
BABY CARROTS W/ DIP
PICK 1: CANNED PEARS
Watermelon Frozen 100% Juice Cups

29

TURKEY & GRAVY W/ ROLL
or W.W. PEPPERONI OR CHEESE PIZZA
PICK 1: MASHED POTATOES
BABY CARROTS W/ DIP
PICK 1: PINEAPPLE TIDBITS
Sliced Banana w/ CHOC. SYRUP
BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES

30

POPCORN CHICKEN
W/ W.W. MINI HOT SOFT PRETZEL
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS / sce**

PICK 1 or 2: BBQ Baked Beans
SLICED CUKES W/ DIP
PICK 1: PEACHES
FRESH APPLE SLICES w/ DIP

31

GRILLED CHEESE SANDWICH (W.W.)
OR HOMEMADE SLOPPY JOE SANWICH
ON A WW BUN

PICK 1 or 2: **OVEN BAKED CURLY FRIES**
ROMAINE SALAD w/ DRSG
PICK 1: STRAWBERRIES W/ TOPPING
CINNAMON APPLESAUCE
BONUS FORTUNE COOKIE




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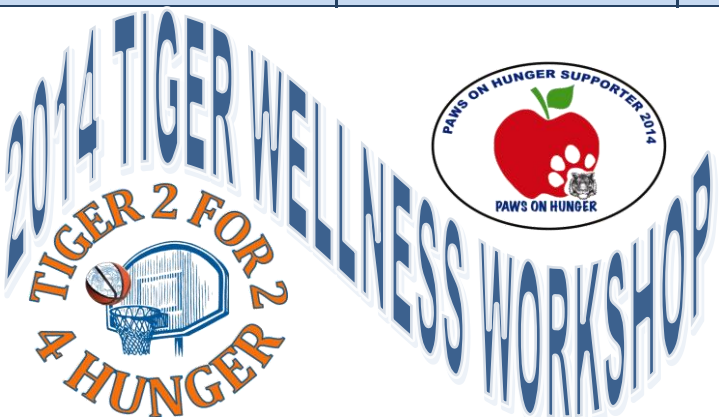


TWINSBURG WELLNESS – DECEMBER 2013 – WILCOX & BISSELL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE
<p>2</p> <p>WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (2) POTATO TRIANGLES BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESAUCE 4 OZ ORANGE JUICE</p>	<p>3</p> <p>W.W. SOFT OR CRUNCHY JUMBO TACO w/ TOPPINGS WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS FRESH CANTALOUPE WEDGE</p>	<p>4</p> <p>WHOLE GRAIN CORN DOG or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 OR 2: 4 POTATO SMILES BABY CARROTS w/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>5</p> <p>POPCORN CHICKEN w/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BBQ Baked Beans SLICED CUKES w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>6</p> <p> GOLDFISH GRILLED CHEESE OR HOMEMADE 100% BEEF HAMBURGER OR CHEESEBURGER ON A WW BUN PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRIES w/ TOPPING CINNAMON APPLESAUCE BONUS W.G. GOLDFISH GRAHAM</p>	<p>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.</p> <p>Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.</p> <p>Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required.</p> <p>HealthierUS School</p>
<p>9</p> <p>(3) FRENCH TOAST STIX w/ SYRUP with 1.5 oz Slice of Fried Ham or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS w/ DIP PICK 1: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>10</p> <p>(6) W.G. CHICKEN FRIES w/ W.W. DINNER ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: FRESH STEAMED BROCCOLI w/ CHEESE SAUCE ROMAINE SALAD w/ DRSG PICK 1: CANNED PEARS FRESH CANTALOUPE WEDGE</p>	<p>11</p> <p>TURKEY & GRAVY OVER NOODLES or W.W. PEPPERONI OR CHEESE PIZZA PICK 1 OR 2: GREEN BEANS BABY CARROTS w/ DIP PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. SYRUP BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>12</p> <p>W.W. CHICKEN PATTY SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce 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)</p>	<p>13</p> <p>NACHOS w/ REAL NACHO CHEESE SAUCE OR HOMEMADE 100% BEEF 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</p>	
<p>16</p> <p>(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: FLAVORED APPLESAUCE MANDARIN ORANGES</p>	<p>17</p> <p>Whole Grain CHICKEN OR CHEESE QUESADILLA w/ TOPPINGS WITH FUNSIZE DORITOS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: CANNED PEARS FRESH CANTALOUPE</p>	<p>18</p> <p>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 PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. SYRUP</p>	<p>19</p> <p>POPCORN CHICKEN w/ W.W. MINI HOT SOFT PRETZEL or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 1 or 2: BBQ Baked Beans SLICED CUKES w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP</p>	<p>20</p> <p>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</p>	

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



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.
 -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

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!