



# TWINSBURG WELLNESS & NUTRITION



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

Whole Grain and  
made fresh daily!



and Twinsburg Food Service brings you...



## Homemade Pizza and Cheesy Breadsticks



Made with Freshly Shredded Low Fat Mozzarella and Naturally Low Sodium Sauce, made FRESH each week with OREGANO and BASIL grown in our school herb garden.

Pizza and Cheesy Breadsticks—a healthy option for your students!

Start your day the  
healthy way at  
Twinsburg!



and Twinsburg Food Service brings you...

## Tiger Breakfast Rewards

Tiger Breakfast - a Great Start for your Brain and your Body!

Now even better with Tiger Breakfast Rewards

The more times you eat School Breakfast the more chances you get to win COOL monthly prizes!



Don't miss out on  
great nutrition and  
great fun!



# WILCOX & BISSELL 2016-17 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 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>October 3rd</b>	<b>CURRICULUM DAY</b>  <b>NO SCHOOL!</b>	<b>5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	<b>ALL BEEF HOT DOG ON A BUN</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS <b>CALYPSO CRUSH—BLENDED VEGGIE JUICE</b> PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>October 10th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% Juice)	CHOICE OF JUMBO CRUNCHY OR SOFT TACO w/ lettuce and cheese or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS (Turkey)</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>NEOEA DAY</b>  <b>No School!</b>
<b>WEEK 2 (Beginning)</b> <b>October 17th</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	<b>5 BBQ MEATBALLS</b> W/ LARGE HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: BROCCOLI W/ CHEESE ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>CALYPSO CRUSH—BLENDED VEGGIE JUICE</b> PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>October 24th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG (Chicken)</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>

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 2016-17 MENU

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 Students must take at least one fruit or vegetable.

LUNCH  
 PRICE:  
**\$2.75**

## SEPTEMBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>September 5</b>	<b>LABOR DAY</b> <b>NO SCHOOL!</b>	<b>5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	<b>ALL BEEF HOT DOG ON A BUN</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>September 12</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% Juice)	<b>CHICKEN OR CHEESE QUESIDILLA</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS (Turkey)</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 2 (Beginning)</b> <b>September 19</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	<b>4" TURKEY &amp; CHEESE SUB</b> (SERVED ON A FRESH BAKED SUB BUN) or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>September 26—</b> <b>September 30th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG (Chicken)</b> or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>

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