



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!

FUEL UP TO play60 and TWINSBURG Food Service brings you... FARM TO SCHOOL

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!

FUEL UP TO play60 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 2015-16 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:
\$2.60

OCTOBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 5th	3 FRENCH TOAST STIX W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	ALL BEEF HOT DOG ON A BUN or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE	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: CRUNCHY, CHEESY REFRIED BEANS SUNSET SIP —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 1 (Beginning) October 12th	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY ORANGE JELLO (100% Juice)	JUMBO TACO W/ LETTUCE & CHEESE or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE CANNED PEARS BONUS—FUNSIZE DORITOS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG 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 SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	NEOEA DAY NO SCHOOL!
WEEK 2 (Beginning) October 19th	NO SCHOOL!	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SEASONED WEDGE FRIES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	5 BBQ MEATBALLS W/ LARGE HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BROCCOLI W/ CHEESE 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: GREEN 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) October 26th— October 30th	PILLSBURY MINI PANCAKES with 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	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: WATERMELON WEDGE OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG 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 SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	HAPPY HALLOWEEN GHASTLY GRILLED CHEESE SANDWICH OR SCARY SLOPPY JOE SANDWICH PICK 1 or 2: CREEPY CURLY FRIES BATTY BABY CARROTS W/ DIP PICK 1: GRUESOME GRAPES CHILLING CINNAMON APPLESAUCE BONUS—MINI RICE KRISPIE TREAT

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 2015-16 MENU

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 Students must take at least one fruit or vegetable.

LUNCH
 PRICE:
\$2.60

SEPTEMBER AND OCTOBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) September 7	LABOR DAY NO SCHOOL!	5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	ALL BEEF HOT DOG ON A BUN or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE	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: CRUNCHY, CHEESY REFRIED BEANS SUNSET SIP —BLENDED VEGGIE JUICE PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 1 (Beginning) September 14	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY ORANGE JELLO (100% Juice)	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE CANNED PEARS BONUS—FUNSIZE DORITOS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG 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 SLICED CUKES W/ DIP 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
WEEK 2 (Beginning) September 21	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	4" TURKEY & CHEESE SUB (SERVED ON A FRESH BAKED SUB BUN) or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL 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 (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: GREEN 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: CRUNCHY, CHEESY REFRIED BEANS SUNSET SIP —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 3 (Beginning) September 28— October 2	STAFF DAY NO SCHOOL FOR STUDENTS!	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: WATERMELON WEDGE OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG 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 SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE

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