



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 play 60 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 play 60 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

MAY 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|--|
| WEEK 3 (Beginning) May 2nd | 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 | 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: FRESH CANTALOUPE 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: ORANGE WEDGES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE |
| WEEK 4 (Beginning) May 9th | 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: FRESH CANTALOUPE OR 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: ORANGE WEDGES CINNAMON APPLESAUCE |
| WEEK 1 (Beginning) May 16th | 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 FRUIT PUNCH JELLO (100% Juice) | CHICKEN OR CHEESE QUESADILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE OR CANNED PEARS BONUS—FUNSIZE DORITOS | 5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ 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: ORANGE WEDGES CINNAMON APPLESAUCE |
| WEEK 2 (Beginning) May 23rd - May 27th | BREAKFAST CROISSANT SANDWICH (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: SEASONED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH CANTALOUPE OR CANNED PEARS | 4" TURKEY & CHEESE SUB (SERVED ON A FRESH BAKED SUB BUN) or STRAWBERRY YOGURT W/ 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: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—Assorted Snack | Last Day of School! 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: ORANGE WEDGES CINNAMON APPLESAUCE |

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.



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Students must take at least one fruit or vegetable.

LUNCH
PRICE:
\$2.60

APRIL 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|--|
| WEEK 3 (Beginning) April 4th | 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 | 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: STRAWBERRY CUP 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: FRESH CANTALOUPE CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE |
| WEEK 4 (Beginning) April 11th | 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: STRAWBERRY CUP 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: ORANGE WEDGES CINNAMON APPLESAUCE |
| WEEK 1 (Beginning) April 18th | 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 FRUIT PUNCH JELLO (100% Juice) | CHOICE OF JUMBO CRUNCHY OR SOFT TACO w/ lettuce and cheese or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: STRAWBERRY CUP CANNED PEARS BONUS—FUNSIZE DORITOS | 5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT w/ 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: FRESH CANTALOUPE CINNAMON APPLESAUCE |
| WEEK 2 (Beginning) April 25th | NEW BREAKFAST CROISSANT SANDWICH (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: SEASONED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY CUP 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: ORANGE WEDGES CINNAMON APPLESAUCE |

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