

## TWINSBURG WELLNESS & NUTRITION

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



JOIN US SATURDAY, JANUARY 16TH FROM 9AM—NOON

IN THE THS COMMONS FOR THE 7TH ANNUAL

# TIGER WELLNESS WORKSHOP

- Wellness displays and fitness demos
- Free kid's fitness testing with Prize Board and Chomps—Brown's Mascot
- Tiger 2 for 2 for Hunger, our 100% charitable free throw contest. \$2.00 for
   2 minutes of free throws with all proceeds going to Paws On Child Hunger.

**GREAT PRIZE PACKAGES FOR AGE GROUP CHAMPIONS!** 

Free water, fresh fruit and snacks

Don't miss this great morning of fun and fitness!



FREE GIVEAWAYS!

and

PRIZE BOARD FOR ALL

STUDENT PARTICIPANTS!







## THS 2015-16 MENU

LUNCH PRICE: \$2.85

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

Students must take at least one fruit or vegetable.

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January 4th  January 4th  STAFF WORK DAY  No School for Students  TURKEY & GRAYY W ROLL AND STUFFING OR PEPERONI OR CHESE PICZA OR ALTERNATE ENTREE PICK 2: TEX MEX BAMED BEANS OR Vegetable Options OR WALKING TACO (W REG OR COL RANCH REDUCED FAT DORTOS)  TURKEY & GRAYY W ROLL AND STUFFING OR PEPERONI OR CHESES PICZA OR ALTERNATE ENTREE PICK 2: TEX MEX BAMED BEANS OR OR SPICY CHICKEN NUGGETS WINDTOST PRETZEL RD OR OF COL RANCH REDUCED FAT DORTOS)  READSTICKS W Issue OR ALTERNATE ENTREE PICK 2: TEX MEX BAMED POTATOES / GRYV OR O' Vegetable Options PICK 2: BANANA W/ CHOC SYRUP O' Vegetable Options PICK 2: BANANA W/ CHOC SYRUP O' Vegetable Options PICK 2: BANANA W/ CHOC SYRUP O' Vegetable Options PICK 2: TEX MEX BERES OR TITLE PICK PICK PICK PICK PICK PICK PICK PICK											
January 4th  STAFF WORK DAY  No School for Students  No School for Students  TURKEY & GRAVY W/ROLL AND STUFFING OR PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: RASHED POTATOES / GREVY OR Vegetable Options PICK 2: RASHED BEANS OR WALKING TACO (W REG OR COOL RANCH REDUCED FAT DORITOS)  TURKEY & GRAVY W/ROLL AND STUFFING OR PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: MASHED POTATOES / GRVY Or Vegetable Options PICK 2: RASHED POTATOES / GRVY Or Vegetable Options PICK 2: RESH CANTALOUPE OR ALTERNATE ENTREE PICK 2: MASHED POTATOES / GRVY Or Vegetable Options OR TIGER TACO BAR  Martin Luther King Jr Day! NO SCHOOL!  Martin Luther King OR CHECKEN WISH DIAMOND OR SUBBREADSTICKS W/ Sauce OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR TIGER TACO BAR  SPICY OR REG POPCORN OR Fruit Options OR TIGER TACO BAR  SPICY OR REG POPCORN OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR TIGER TACO BAR  SPICY OR REG POPCORN OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR Fruit Options OR Fruit Options OR TIGER TACO BAR  SPICY OR REG POPCORN OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR OR OVERSTAND OR OR OR Fruit Options OR ALTERNATE ENTREE PICK 2: BANANA W/CHOC SYRUP OR Fruit Options OR SUB	Thursday Fri	iday									
January 11th  W/ROLL AND STUFFING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options or Burger & Curly Fry Bar  Martin Luther King Jr Day! NO SCHOOL!  With 2 or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ BAKED BEANS or Vegetable Options PICK 2: FRESH CANTALOUPE or Fruit Options OR TIGER TACO BAR  SPICY OR REG POPCORN CHICKEN with Dinner Roll or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR ALTERNATE ENTREE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR ALTERNATE ENTREE PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: FRESH CANTALOUPE OR ALTERNATE ENTREE PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: FRESH CANTALOUPE OR ALTERNATE ENTREE PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR ALTERNATE ENTREE PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR ALTERNATE ENTREE PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR ALTERNATE ENTREE PICK 2: PASTA W/ MARINARA GREEN BEANS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR ALTERNATE ENTREE PICK 2: PASTA W/ MARINARA GREEN BEANS OR Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR ALTERNATE ENTREE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN OR ALTERNATE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR	heese, turkey sausage or bacon) (2) HOMEMADE CHEESY READSTICKS w/ sauce R ALTERNATE ENTRÉE 2 POTATO TRIANGLES or Vegetable Options APPLES W/ CARAMEL OR Fruit Options  OR CALIFORN or Altern PICK 2: BUTTEF or Vegeta PICK 2: Fruit C	able Options									
January 18th  Martin Luther King Jr Day! NO SCHOOL!  CHICKEN with Dinner Roll or (2) HOMEMADE CHEESY BREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: MASHED POTATOES /GRVY or Vegetable Options PICK 2: FRESH CANTALOUPE or Fruit Options OR TWINPOTLE' BURRITO BAR  CHICKEN with Dinner Roll or (2) HOMEMADE CHEESY BREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: PASTA W/ MARINARA GREEN BEANS OR Vegetable Options OR Fruit Options OR CHICKEN PARMESAN SANDWICH W/ PASTA  (egg, cheese or (2) H BREAD OR A) OR (2) HOMEMADE CHEESY BREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: PASTA W/ MARINARA GREEN BEANS OR VEGETABLE OF VEGETABLE O	TATOR TOTS	ry 15th CHOOL!									
	heese, turkey sausage or bacon) (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE 2 POTATO TRIANGLES or Vegetable Options APPLES W/ CARAMEL OR Fruit Options SUR VOUID WAY RAP	SANDWICH NIA WHITE PIZZA nate Entrée RED CORN AMON CHICKPEAS able Options EEDLESS GRAPES t Options BIAN BAR RIIVAL COOKIE									
January 25th—  January 25th  January 29th  CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options  NUGGETS W/HOT SOFT PRETZEL ROD Or (2) HOMEMADE CHEESY BREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: BBQ BAKED BEANS OR Vegetable Options PICK 2: BRANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR  with 2 or (2) HOMEMADE CHEESY BREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR	vith 2 Slices of Fried Ham (2) HOMEMADE CHEESY BREADSTICKS w/ sauce R ALTERNATE ENTREE TATOR TOTS or Vegetable Options APPLES W/ CARAMEL OR Fruit Options  SWISS ON A OR CALIFORN or Alternation Or Vegeta PICK 2: RED SE Or Fruit OR Fruit Options	SWISS OR HAM AND PRETZEL BUN NIA WHITE PIZZA nate Entrée COLI W/ CHEESE able Options EEDLESS GRAPES t Options IJAN BAR DEATE CHIP COOKIE									

MONDAYS, WEDS. AND FRIDAYS
4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

**TUESDAYS AND THURSDAYS** 

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

The USDA is an equal opportunity provider and employer



## THS 2015-16 MENU

PRICE: \$2.85

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

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December 2015									
	Monday	Tuesday	Wednesday	Thursday	Friday				
November 30th— December 4th	SALISBURY STEAK WITH BREADSTICK OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: ORANGE WEDGES or Fruit Options or Burger & Curly Fry Bar	6 REG OR SPICY CHICKEN NUGGETS W/ HOT SOFT PRETZEL ROD OF (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ BAKED BEANS OF Vegetable Options PICK 2: WATERMELON WEDGE OF Fruit Options OR TIGER TACO BAR	CHICKEN OR CHEESE QUESIDILLA OR GOURMET PIZZA OR Alternate Entrée PICK 2: BUTTERED CORN OR Vegetable Options PICK 2: BANANA W. CHOC SYRUP OR Fruit Options OR THE MEATBALL BAR (Beef, Chick OR Veg. with choice of BBQ, Buffalo, Marinara, sweet n' sour or Gen Tso sauce) Hot Soft Pretzel & 2 Potato Tris	Pillsbury Mini Pancakes WISYRUP with 2 Slices of Fried Ham or (2) HOMEMADE CHEESY BREADSTICKS WIS SAUCE OR ALTERNATE ENTREE PICK 2: TATOR TOTS or Vegetable Options PICK 2: APPLES WI CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	TWINPACK SLIDER CHEESEBURGERS OR GRILLED CHICKEN SANDWICH OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: WAFFLE FRIES or Vegetable Options PICK 2: Fruit Options OR ASIAN BAR BONUS - CHOCOLATE CHIP COOKIE				
WEEK I (Beginning)  December 7th	CHICKEN BACON MOZZ. SUB OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options or Burger & Curly Fry Bar	SPICY OR REG POPCORN CHICKEN with Dinner Roll or (2) HOMEMADE CHEESY BREADSTICKS W sauce OR ALTERNATE ENTREE PICK 2: TEX MEX BAKED BEANS or Vegetable Options PICK 2: WATERMELON WEDGE or Fruit Options OR TWINPOTLE' BURRITO BAR	6 MINI CORN DOGS  or GOURMET PIZZA or Alternate Entrée  PICK 2: PASTA W/ MARINARA GREEN BEANS or Vegetable Options  PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN SANDWICH W/ PASTA	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	BBQ RIB SANDWICH OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE				
WEEK 2 (Beginning)  December 14th	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options OR Burger & Curly Fry Bar	6 REG OR SPICY CHICKEN NUGGETS W/HOT SOFT PRETZEL ROD Or (2) HOMEMADE CHEESY BREADSTICKS W/ SAUCE OR ALTERNATE ENTREE PICK 2: BBQ BAKED BEANS OR Vegetable Options PICK 2: WATERMELON WEDGE OR Fruit Options OR TIGER TACO BAR	CHICKEN OR CHEESE QUESIDILLA OR GOURMET PIZZA OR Alternate Entrée PICK 2: BUTTERED CORN OR Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options  OR PASTA & SALAD BAR W/ GARLIC TEXAS TOAST	4 FRENCH TOAST STIX W/SYRUP with 2 Slices of Fried Ham or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: TATOR TOTS or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	HOT TURKEY & SWISS OR HAM AND SWISS ON A PRETZEL BUN OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: BROCCOLI W/ CHEESE or Vegetable Options PICK 2: RED SEEDLESS GRAPES OR Fruit Options OR ASIAN BAR BONUS - CHOCOLATE CHIP COOKIE				
	WINTER BREAK—No School December 21st—January 4th								
	MILE MEN MEN MEN MEN MEN MEN MEN								

MONDAYS, WEDS. AND FRIDAYS

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

#### **GREEN PRINT INDICATES VEGETARIAN OPTION**

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

#### **TUESDAYS AND THURSDAYS**

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

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