



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

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:
\$2.85

JANUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) January 4th	January 4th STAFF WORK DAY No School for Students	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: FRESH CANTALOUPE or Fruit Options OR WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)	CORN DOG 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 WITH PASTA & GARLIC TEXAS TOAST	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE 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: Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE
WEEK 4 (Beginning) January 11th	TURKEY & GRAVY 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	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: FRESH CANTALOUPE 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 BAKED PENNE W/ MOZZARELLA AND MEATSAUCE / GARLIC BREAD	4 WAFFLE 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	January 15th NO SCHOOL!
WEEK 1 (Beginning) January 18th	Martin Luther King Jr Day! NO SCHOOL!	SPICY OR REG POPCORN 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	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 CROISSANT (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 CRUNCHY CINNAMON CHICKPEAS or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE
WEEK 2 (Beginning) January 25th— January 29th	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: FRESH CANTALOUPE 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

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



THS 2015-16 MENU

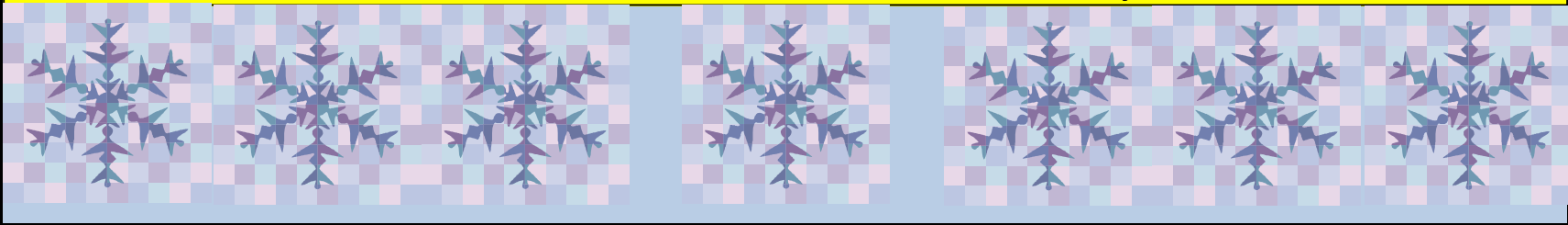
Students must select a minimum of 3 items to qualify as a reimbursable lunch!
 Students must take at least one fruit or vegetable.

**LUNCH
 PRICE:
 \$2.85**

December 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) 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 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 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 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	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 1 (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



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