



# TWINSBURG WELLNESS & NUTRITION

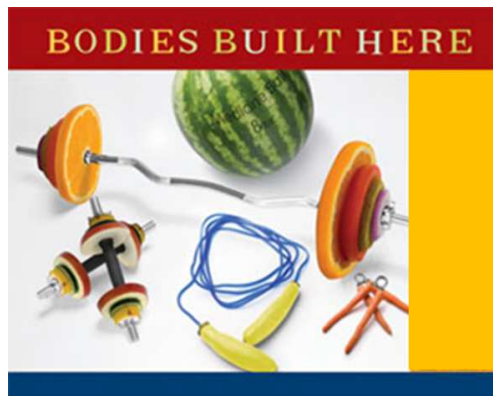


*To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.*



[All Schools EZpay Information](#)

[Twinsburg Allergen Statement and BONUS item information on the web page!](#)



## VEGETARIAN OPTIONS AVAILABLE DAILY

Each day there is a menued **VEGETARIAN ENTRÉE** option available which is indicated by **GREEN PRINT**.

Additionally, the following **VEGETARIAN ENTRÉE** options are available every day:

- Homemade Black Bean Burger
- Chili Cheese Melt (Veggie meat)
- Garden Salad

Beginning in April!



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!



# THS 2014-15 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**

## FEBRUARY 2015

|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|--|---|--|--|---|
| <b>WEEK 2 (Beginning)</b><br><b>February 2nd</b>  | <b>2 W.W. POPCORN CHICKEN WRAPS</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: OVEN BAKED CURLY FRIES</b><br>or Vegetable Options<br><b>PICK 2: STRAWBERRIES</b><br>or Fruit Options<br><b>or Burger &amp; Curly Fry Bar</b> | <b>5 REG OR SPICY CHICKEN TENDERS</b> w/ HOT SOFT PRETZEL ROD<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BBQ OR TEX MEX BAKED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b> | <b>4 FRENCH TOAST STIX</b> w/ SYRUP<br>with 2 Slices of Fried Ham<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR CHICKEN PARMESAN SANDWICH W/ PASTA</b>             | <b>CHICKEN OR CHEESE QUESIDILLA</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BUTTERED CORN</b><br>or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b> | <b>NEW FRESH BAKED HOT DOG WRAP W/ CHEESE</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: SEASONED WEDGE FRIES</b><br>or Vegetable Options<br><b>PICK 2: Fruit Options</b><br><br><b>OR ASIAN BAR</b><br><b>BONUS - CHOCOLATE CHIP COOKIE</b>          |
| <b>WEEK 3 (Beginning)</b><br><b>February 9th</b>  | <b>CHICKEN BACON MOZZ SUB</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: OVEN BAKED CURLY FRIES</b><br>or Vegetable Options<br><b>PICK 2: STRAWBERRIES</b><br>or Fruit Options<br><b>or Burger &amp; Curly Fry Bar</b>       | <b>SPICY OR REG POPCORN CHICKEN</b> with Dinner Roll<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: CHEESY CRUNCHY REFRIED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b>        | <b>BREAKFAST BAGEL</b><br>(egg, cheese, turkey sausage or bacon)<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR PASTA &amp; SALAD BAR</b> w/ ROLL                   | <b>CORN DOG</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: SPICY SWEET POTATO FRIES</b> or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b>             | <h1>No School!</h1>   |
| <b>WEEK 4 (Beginning)</b><br><b>February 16th</b> | <b>Presidents' Day</b><br><br><b>No School!</b>  | <b>5 REG OR SPICY CHICKEN TENDERS</b> w/ HOT SOFT PRETZEL ROD<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BBQ OR TEX MEX BAKED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b> | <b>Pillsbury Mini Pancakes</b> w/ SYRUP<br>with 2 Slices of Fried Ham<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR CHICKEN PARMESAN W/ PASTA &amp; BREADSTICK</b> | <b>CHICKEN OR CHEESE QUESIDILLA</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BUTTERED CORN</b><br>or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b> | <b>CHICKEN CORNDON BLEU</b><br>(MOZZARELLA & SLICED HAM)<br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: BROCCOLI W/ CHEESE</b><br>or Vegetable Options<br><b>PICK 2: Fruit Options</b><br><br><b>OR ASIAN BAR</b><br><b>BONUS - CHOCOLATE CHIP COOKIE</b> |
| <b>WEEK 1 (Beginning)</b><br><b>February 23rd</b> | <b>CHICKEN BACON MOZZ SUB</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: OVEN BAKED CURLY FRIES</b><br>or Vegetable Options<br><b>PICK 2: STRAWBERRIES</b><br>or Fruit Options<br><b>or Burger &amp; Curly Fry Bar</b>       | <b>SPICY OR REG POPCORN CHICKEN</b> with Dinner Roll<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: CHEESY CRUNCHY REFRIED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b>        | <b>BREAKFAST BAGEL</b><br>(egg, cheese, turkey sausage or bacon)<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR PASTA &amp; SALAD BAR</b> w/ ROLL                   | <b>6 MINI CORN DOGS</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: SPICY SWEET POTATO FRIES</b> or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b>     | <b>BBQ PULLED PORK SANDWICH</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: BUTTERED CORN</b><br>or Vegetable Options<br><b>PICK 2: Fruit Options</b><br><br><b>OR ASIAN BAR</b><br><b>BONUS-CARNIVAL 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.**



# THS 2014-15 MENU

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LUNCH  
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**\$2.85**

## MARCH 2015

|  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|--|---|--|--|---|
| <b>WEEK 2 (Beginning)</b><br><b>March 2nd</b>  | <b>2 W.W. POPCORN CHICKEN WRAPS</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: OVEN BAKED CURLY FRIES</b><br>or Vegetable Options<br><b>PICK 2: STRAWBERRIES</b><br>or Fruit Options<br><b>or Burger &amp; Curly Fry Bar</b>             | <b>5 REG OR SPICY CHICKEN TENDERS</b> w/ HOT SOFT PRETZEL ROD<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BBQ OR TEX MEX BAKED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b> | <b>4 FRENCH TOAST STIX</b> w/ SYRUP<br>with 2 Slices of Fried Ham<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR CHICKEN PARMESAN SANDWICH W/ PASTA</b>             | <b>CHICKEN OR CHEESE QUESIDILLA</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BUTTERED CORN</b><br>or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b> | <b>NEW FRESH BAKED HOT DOG WRAP W/ CHEESE</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: SEASONED WEDGE FRIES</b><br>or Vegetable Options<br><b>PICK 2: Fruit Options</b><br><br><b>OR ASIAN BAR</b><br><b>BONUS - CHOCOLATE CHIP COOKIE</b>          |
| <b>WEEK 3 (Beginning)</b><br><b>March 9th</b>  | <b>CHICKEN BACON MOZZ SUB</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: OVEN BAKED CURLY FRIES</b><br>or Vegetable Options<br><b>PICK 2: STRAWBERRIES</b><br>or Fruit Options<br><b>or Burger &amp; Curly Fry Bar</b>                   | <b>SPICY OR REG POPCORN CHICKEN</b> with Dinner Roll<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: CHEESY CRUNCHY REFRIED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b>        | <b>BREAKFAST BAGEL</b><br>(egg, cheese, turkey sausage or bacon)<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR CHICKEN ALFREDO OR ALFREDO PASTA W/ GARLIC ROLL</b> | <b>CORN DOG</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: SPICY SWEET POTATO FRIES</b> or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b>             | <b>BBQ RIB SANDWICH</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: BUTTERED CORN</b><br>or Vegetable Options<br><b>PICK 2: RED SEEDLESS GRAPES</b><br>OR Fruit Options<br><b>OR ASIAN BAR</b><br><b>BONUS-CARNIVAL COOKIE</b>                         |
| <b>WEEK 4 (Beginning)</b><br><b>March 16th</b> | <b>SALISBURY STEAK</b><br>WITH HOT BUTTERED BREADSTICK<br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: MASHED POTATOES</b><br>or Vegetable Options<br><b>PICK 2: STRAWBERRIES</b><br>or Fruit Options<br><b>or Burger &amp; Curly Fry Bar</b> | <b>5 REG OR SPICY CHICKEN TENDERS</b> w/ HOT SOFT PRETZEL ROD<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BBQ OR TEX MEX BAKED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b> | <b>Pillsbury Mini Pancakes</b> w/ SYRUP<br>with 2 Slices of Fried Ham<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR CHICKEN PARMESAN W/ PASTA &amp; BREADSTICK</b> | <b>CHICKEN OR CHEESE QUESIDILLA</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: BUTTERED CORN</b><br>or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b> | <b>CHICKEN CORNDON BLEU</b><br>(MOZZARELLA & SLICED HAM)<br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: BROCCOLI W/ CHEESE</b><br>or Vegetable Options<br><b>PICK 2: Fruit Options</b><br><br><b>OR ASIAN BAR</b><br><b>BONUS - CHOCOLATE CHIP COOKIE</b> |
| <b>WEEK 1 (Beginning)</b><br><b>March 23rd</b> | <b>CHICKEN BACON MOZZ SUB</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: OVEN BAKED CURLY FRIES</b><br>or Vegetable Options<br><b>PICK 2: STRAWBERRIES</b><br>or Fruit Options<br><b>or Burger &amp; Curly Fry Bar</b>                   | <b>SPICY OR REG POPCORN CHICKEN</b> with Dinner Roll<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: CHEESY CRUNCHY REFRIED BEANS</b> or Vegetable Options<br><b>PICK 2: CANTALOUPE</b><br>or Fruit Options<br><b>OR TIGER TACO BAR</b>        | <b>BREAKFAST BAGEL</b><br>(egg, cheese, turkey sausage or bacon)<br>or GOURMET PIZZA<br>or Alternate Entrée<br><b>PICK 2: TATOR TOTS</b><br>or Vegetable Options<br><b>PICK 2: BANANA W/ CHOC SYRUP</b><br>OR Fruit Options<br><b>OR PASTA &amp; SALAD BAR</b> w/ ROLL                   | <b>6 MINI CORN DOGS</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce<br>OR ALTERNATE ENTREE<br><b>PICK 2: SPICY SWEET POTATO FRIES</b> or Vegetable Options<br><b>PICK 2: APPLES W/ CARAMEL</b><br>OR Fruit Options<br><b>OR SUB YOUR WAY BAR</b>     | <b>BBQ PULLED PORK SANDWICH</b><br>OR PEPPERONI OR CHEESE PIZZA<br>or Alternate Entrée<br><b>PICK 2: BUTTERED CORN</b><br>or Vegetable Options<br><b>PICK 2: Fruit Options</b><br><br><b>OR ASIAN BAR</b><br><b>BONUS-CARNIVAL COOKIE</b>                                       |

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