



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!



and Twinsburg Food Service brings you...



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!



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 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**

MAY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) May 2nd	CHICKEN BACON MOZZ. SUB OR PEPPERONI & SAUSAGE, 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: FRESH CANTALOUPE or Fruit Options OR WALKING TACO (w/ REG OR COOL RANCH REDUCED FAT DORITOS) BONUS—GIANT GOLDFISH COOKIE	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	NEW LOADED SEASONED WAFFLE FRIES (w/ real cheese sauce, bacon, sour cream and jalopenos) OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: FRESH STEAMED BROCCOLI or Vegetable Options PICK 2: ORANGES /Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE
WEEK 4 (Beginning) May 9th	Turkey & Gravy w/ Stuffing and Roll OR PEPPERONI & SAUSAGE, 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	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	BBQ RIB SANDWICH OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: ORANGE WEDGES or Fruit Options OR ASIAN BAR BONUS-CHOCOLATE CHIP COOKIE
WEEK 1 (Beginning) May 16th	CHICKEN BACON MOZZ. SUB OR PEPPERONI & SAUSAGE, 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: SWEET POTATO CRISP 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	LOADED SEASONED WAFFLE FRIES (w/ real cheese sauce, bacon, sour cream and jalopenos) OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée CRUNCHY CINNAMON CHICKPEAS PICK 2: FRESH STEAMED BROCCOLI or Vegetable Options PICK 2: ORANGES /Fruit Options BONUS-CARNIVAL COOKIE
WEEK 2 (Beginning) May 23rd - May 27th	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI & SAUSAGE, 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 BAKED CHICKEN ALFREDO PENNE W/ MOZZARELLA / GARLIC BREAD	12:30 Dismissal PIZZA or CHICKEN SANDWICH PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: Fruit Options	LAST DAY OF SCHOOL! 10:15am Dismissal No Lunch Served!

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.

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APRIL 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) April 4th	GRILLED CHICKEN BREAST WITH CHEESE AND BACON OR PEPPERONI & SAUSAGE, 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: FRESH CANTALOUPE or Fruit Options OR WALKING TACO (w/ REG OR COOL RANCH REDUCED FAT DORITOS) BONUS—GIANT GOLDFISH COOKIE	CORN DOG OR NEW GOURMET PIZZA BOWLS 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	NEW LOADED SEASONED WAFFLE FRIES (w/ real cheese sauce, bacon, sour cream and jalopenos) OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: FRESH STEAMED BROCCOLI or Vegetable Options PICK 2: ORANGES /Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE
WEEK 4 (Beginning) April 11th	SALISBURY STEAK w/ Butter Breadstick OR PEPPERONI & SAUSAGE, 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 BOWLS 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	BBQ PULLED PORK SANDWICH OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: ORANGE WEDGES or Fruit Options OR ASIAN BAR BONUS-CHOCOLATE CHIP COOKIE
WEEK 1 (Beginning) April 18th	CHICKEN BACON MOZZ. SUB OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options	SPICY OR REG POPCORN CHICKEN with Dinner Roll or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SWEET POTATO CRISP or Vegetable Options PICK 2: FRESH CANTALOUPE or Fruit Options OR TWINPOTLE' BURRITO BAR	6 MINI CORN DOGS OR GOURMET PIZZA BOWLS 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	LOADED SEASONED WAFFLE FRIES (w/ real cheese sauce, bacon, sour cream and jalopenos) OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée CRUNCHY CINNAMON CHICKPEAS PICK 2: FRESH STEAMED BROCCOLI or Vegetable Options PICK 2: ORANGES /Fruit Options BONUS-CARNIVAL COOKIE
WEEK 2 (Beginning) April 25th	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI & SAUSAGE, 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 BOWLS or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR BAKED CHICKEN ALFREDO PENNE W/ MOZZARELLA / GARLIC BREAD	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	BBQ RIB SANDWICH OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: ORANGE WEDGES or Fruit Options OR ASIAN BAR BONUS-CHOCOLATE CHIP COOKIE

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