



TWINSBURG WELLNESS & NUTRITION

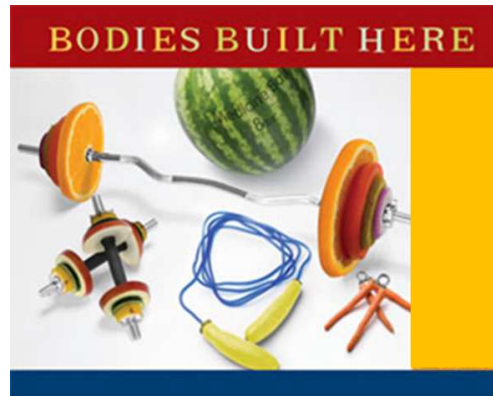


To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.



[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



<p>RED To improve heart & blood health & support joints</p>	<p>ORANGE To prevent cancer & promote collagen growth</p>	<p>YELLOW Helps your heart, vision digestion & immune system</p>
<p>GREEN Powerful detoxers, fight free radicals, improve immune system</p>	<p>BLUE/PURPLE Improve mineral absorption, powerful anti-oxidants</p>	<p>WHITE Activate our natural killer cells & reduce cancer risk</p>

Twinsburg Schools Weekly Rainbow Offerings

Red Seedless Grapes, Cantaloupe, Bananas, Apples, Orange Juice, Strawberries, Pineapple Tidbits

Baby Carrots, Fresh Romaine Salads, Sweet Potato Fries, Fresh Steamed Broccoli, Sliced Cucumbers, Celery,

Broccoli / Tomato / Carrot






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**

NOVEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) November 3	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	NOVEMBER 4TH IS ELECTION DAY! NO SCHOOL!	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR W/ ROLL	CORN DOG or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: SPICY SWEET POTATO FRIES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	BBQ RIB SANDWICH OR PEPPERONI OR CHEESE 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 4 (Beginning) November 10th	HOT TURKEY CLUB MELT 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	5 REG OR SPICY CHICKEN TENDERS W/ HOT SOFT PRETZEL ROD or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ OR TEX MEX BAKED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGRE TACO BAR	Pillsbury Mini Pancakes with 2 Slices of Fried Ham or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN W/ BREADSTICK	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BUTTERED CORN or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	CHICKEN CORNDON BLEU (MOZZARELLA & SLICED HAM) OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BROCCOLI W/ CHEESE or Vegetable Options PICK 2: RED SEEDLESS GRAPES OR Fruit Options OR ASIAN BAR BONUS-SUGAR COOKIE
WEEK 1 (Beginning) November 17th	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: CHEESY CRUNCHY REFRIED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGRE TACO BAR	SLICED TURKEY W/ ROLL AND STUFFING or GOURMET PIZZA or Alternate Entrée PICK 2: MASHED POTATOES/GRVY or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR W/ ROLL FROSTED SUGAR COOKIE	6 MINI CORN DOGS or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SPICY SWEET POTATO FRIES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	BBQ PULLED PORK SANDWICH OR PEPPERONI OR CHEESE 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) November 24th	2 W.W. POPCORN CHICKEN WRAPS 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	5 REG OR SPICY CHICKEN TENDERS W/ HOT SOFT PRETZEL ROD or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ OR TEX MEX BAKED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGRE TACO BAR		THANKSGIVING BREAK! NO SCHOOL! 	

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

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 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) December 1st	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: CHEESY CRUNCHY REFRIED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGRE TACO BAR	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR W/ ROLL	CORN DOG or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: SPICY SWEET POTATO FRIES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	BBQ RIB SANDWICH OR PEPPERONI OR CHEESE 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 4 (Beginning) December 8th	HOT TURKEY CLUB MELT 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	5 REG OR SPICY CHICKEN TENDERS w/ HOT SOFT PRETZEL ROD or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ OR TEX MEX BAKED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGRE TACO BAR	Pillsbury Mini Pancakes with 2 Slices of Fried Ham or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN W/ BREADSTICK	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BUTTERED CORN or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	CHICKEN CORNDON BLEU (MOZZARELLA & SLICED HAM) OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BROCCOLI W/ CHEESE or Vegetable Options PICK 2: RED SEEDLESS GRAPES OR Fruit Options OR ASIAN BAR BONUS-SUGAR COOKIE
WEEK 1 (Beginning) December 15th	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: CHEESY CRUNCHY REFRIED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGRE TACO BAR	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR W/ ROLL	6 MINI CORN DOGS or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SPICY SWEET POTATO FRIES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	BBQ PULLED PORK SANDWICH OR PEPPERONI OR CHEESE 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

WINTER BREAK! DECEMBER 22ND—JANUARY 5TH NO SCHOOL!

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