



TWINSBURG WELLNESS & NUTRITION



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

NEW IN 2017-18

Available Daily by the slice for \$2.00.
3 slices for \$5.00



NEW "PILED HIGH" PANINIS—TURKEY, BACON & SWISS OR ITALIAN AVAILABLE FOR \$2.75 ON TUESDAYS & THURSDAYS



HEALTHY OFFERINGS BACK IN 2017-18

Tiger Entree Salads

Buffalo Chicken
Fruit Salad

Garden Veggie
Grilled Chicken
Italian

Popcorn Chicken

\$2.00 or available as an entree with your lunch!

Tyson Premium



Chicken Sandwiches





THS 2017-18 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:
\$3.00

OCTOBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 2nd	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	TIGER TACO BAR 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: POTATO TRIANGLES PICK 2: BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	ITALIAN BAR Choice of: Chicken Parmesan w/ Pasta and Garlic Bread Or Chicken Parmesan Sandwich with Pasta or Pasta with choice of Meat- balls, Alfredo or Marinara OR OR ALTERNATE ENTREE PICK 2 VEGS, 2 FRUITS, FORTUNE COOKIE
WEEK 1 (Beginning) October 9th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	TIGER TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	6 MINI CORN DOGS OR REGULAR CORN DOGS OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: SEASONED CURLY FRIES PICK 2: BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M	NEOEA DAY NO SCHOOL FOR STUDENTS!
WEEK 2 (Beginning) October 16th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	TIGER TACO BAR Taco Salad, Nacho Supreme or Two Tacos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: POTATO TRIANGLES, PICK 2: BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	ITALIAN BAR Choice of: Chicken Parmesan w/ Pasta and Garlic Bread Or Chicken Parmesan Sandwich with Pasta or Pasta with choice of Meat- balls, Alfredo or Marinara OR OR ALTERNATE ENTREE PICK 2 VEGS, 2 FRUITS, FORTUNE COOKIE
WEEK 3 (Beginning) October 23rd	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	TIGER TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	BUILD YOUR OWN BACON CHEESEBURGER BAR OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: SEASONED CURLY FRIES PICK 2: BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	ASIAN BAR Choice of: Lo-Mein Noodles, Fried Rice, or Brown Rice Grilled or Popcorn Chicken 1/2 VEG EGG ROLL OR ALTERNATE ENTREE PICK 2: Broccoli or Pepper & Onions Blend & ASIAN SALAD PICK 2: FRUITS & FORTUNE COOKIE

DAILY FRUIT & VEGETABLE OPTIONS
 PICK 2 FRUIT: FRESH FRUIT, CANNED FRUIT, AND JUICE
 PICK 2 VEGS: MENUED ITEMS, SM. SALADS, CUCUMBERS,
 COLESLAW, CARROTS AND HOT VEGETABLE

**AMERICAN GRILL DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA EVE-
 RY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAMBURGERS,
 CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS**

USDA is an equal opportunity provider and employer.




THS 2017-18 MENU

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 Students must take at least one fruit or vegetable.

LUNCH
 PRICE:
\$3.00

OCTOBER & NOVEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 4 (Beginning) October 30th— November 3rd	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	TIGER TACO BAR 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	BREAKFAST CROISSANT OR 4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: POTATO TRIANGLES PICK 2: BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	ITALIAN BAR Choice of: Chicken Parmesan w/ Pasta and Garlic Bread Or Chicken Parmesan Sandwich with Pasta or Pasta with choice of Meat- balls, Alfredo or Marinara OR OR ALTERNATE ENTREE PICK 2 VEGS, 2 FRUITS, FORTUNE COOKIE	
WEEK 1 (Beginning) November 6th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	ELECTION DAY NO SCHOOL FOR STUDENTS!	6 MINI CORN DOGS OR REGULAR CORN DOGS OR ALTERNATE ENTREE PICK 2: SEASONED CURLY FRIES PICK 2: BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M	ASIAN BAR Choice of: Lo-Mein Noodles, Fried Rice, or Brown Rice Grilled or Popcorn Chicken 1/2 VEG EGG ROLL OR ALTERNATE ENTREE PICK 2: Broccoli or Pepper & Onions Blend & ASIAN SALAD PICK 2: FRUITS & FORTUNE COOKIE	
WEEK 2 (Beginning) November 13th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	TIGER TACO BAR Taco Salad, Nacho Supreme or Two Tacos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie	BREAKFAST CROISSANT OR 4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: POTATO TRIANGLES, PICK 2: BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	THANKSGIVING FEAST SLICED TURKEY & STUFFING WITH W.W.DINNER ROLL OR ALTERNATE ENTREE PICK 2: VEGETABLES: MASHED POTATOES / CORN / SWEET POTATOES PICK 2: Fruit Options BONUS—PB SUN BUTTER BAR	
WEEK 3 (Beginning) November 20th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	TIGER TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE Giant Goldfish Cookie				THANKSGIVING BREAK NO SCHOOL NOVEMBER 22ND—24TH SUNBUTTER BAR IS PEANUT & TREENUT FREE

DAILY FRUIT & VEGETABLE OPTIONS
 PICK 2 FRUIT: FRESH FRUIT, CANNED FRUIT, AND JUICE
 PICK 2 VEGS: MENUED ITEMS, SM. SALADS, CUCUMBERS,
 COLESLAW, CARROTS AND HOT VEGETABLE

AMERICAN GRILL DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA EVE-
RY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAMBURGERS,
CHEESEBURGERS, GOURMET POPCORN CHICKEN SALADS, WRAPS, SPICY CHICKEN TENDERS & FISH SANDWICHES ON FRIDAYS

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