



TWINSBURG WELLNESS & NUTRITION

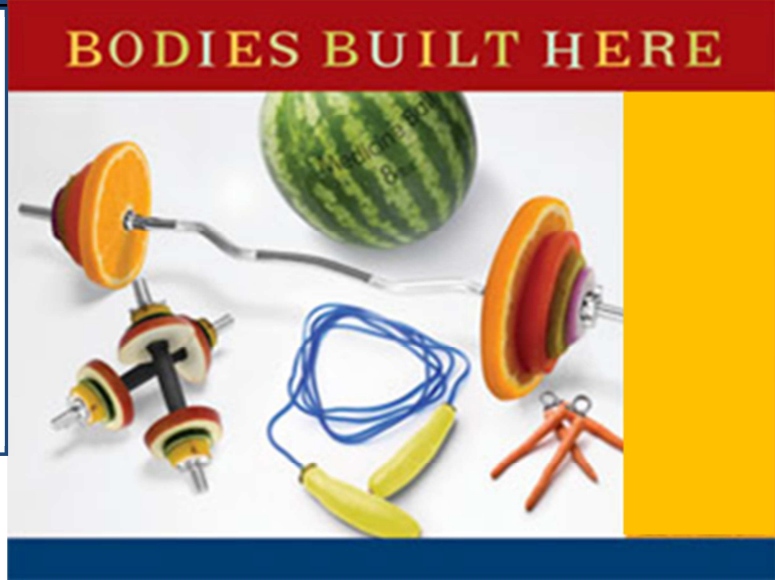



To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.

NEW LUNCH PRICES FOR 2014-15 SCHOOL YEAR



WILCOX	\$2.60
BISSELL	\$2.60
DODGE	\$2.75 (no change)
R.B.C.	\$2.85
T.H.S.	\$2.85
BREAKFAST ALL SCHOOLS	\$1.50 (no change)

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

TWINSBURG CITY SCHOOLS
BRONZE AWARD WINNER
2012-2016



Scroll down for new Cycle Menu

[Twinsburg Allergen Statement and BONUS item information available on webpage!](#)

NEW IN 2014-15—HOMEMADE ROUND PIZZERIA STYLE PIZZA BY THE SLICE



AVAILABLE MONDAYS, WEDNESDAYS, AND FRIDAYS!

Our Pizzas are made with low fat cheese, whole grain crusts, and freshly made sauce with fresh oregano, basil and garlic!

EAT A RAINBOW EVERYDAY!

TAKE 2 DAILY FRESH VEGGIES:

- SMALL ROMAINE SALADS
- BABY CARROTS W/ DIP
- CELERY W/ DIP
- CUCUMBERS W/ DIP
- BROCCOLI, TOMATO, CARROTS
- CRISPY CINNAMON CHICKPEAS

TAKE 2 DAILY FRUITS:

- APPLES W/ CARAMEL DIP
- BANANAS W/ CHOC SYRUP
- FRESH MELONS
- ORANGE WEDGES
- 100% JUICE
- CANNED FRUIT



THS 2014 -15 MENU

Students must select a minimum of 4 items to qualify as a reimbursable lunch!
Main dishes count as 2 items. Students must take at least one fruit or vegetable.

LUNCH
PRICE:
\$2.85

SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4 (Beginning) September 15	CHICKEN OR CHEESE QUESIDILLA	TIGER TACO BAR W/ TOPPINGS SALAD. NACHOS OR 2 TACOS	Pillsbury Mini Pancakes with 2 Slices of Fried Ham	TIGER TACO BAR W/ TOPPINGS SALAD. NACHOS OR 2 TACOS	HOT TURKEY CLUB MELT OR BREADED CHICKEN SANDWICH
	PEPPERONI OR CHEESE PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	or W. W. GOURMET PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	PEPPERONI OR CHEESE PIZZA
	5 REG OR SPICY CHICKEN TENDERS W/ W.G. MINI PRETZEL	SUB YOUR WAY BAR	CHICKEN PARMESAN WITH BREADSTICK	OR ASIAN BAR	BURGER & CURLY FRIES BAR
DAILY VEG	TEX MEX BBQ BAKED BEANS BONUS - SUGAR COOKIE	BUTTERED CORN	TATOR TOTS / PASTA	BUTTERED CORN / CALIFORNIA VEGS	CURLY FRIES
WEEK 1 (Beginning) September 22	TURKEY AND GRAVY OVER MASHED POTATOES	TIGER TACO BAR W/ TOPPINGS SALAD. NACHOS OR 2 TACOS	WHITE WHOLE GRAIN BREAKFAST BAGEL	TIGER TACO BAR W/ TOPPINGS SALAD. NACHOS OR 2 TACOS	BBQ PULLED PORK SANDWICH OR BREADED CHICKEN SANDWICH
	PEPPERONI OR CHEESE PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	or W. W. GOURMET PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	PEPPERONI OR CHEESE PIZZA
	SPICY OR REG. POPCORN CHICKEN W/ W.G. DINNER ROLL	SUB YOUR WAY BAR	OR PASTA & SALAD BAR W/ GARLIC ROLL	OR ASIAN BAR	BURGER & CURLY FRIES BAR
DAILY VEG	MASHED POTATOES W/ GRAVY BONUS - MINI ICE CREAM SANDWICH	CRUNCHY, CHEESY REFRIED BEANS	SEASONED WEDGE FRIES BONUS - CARNIVAL COOKIE	BUTTERED CORN / SWEET POTATO FRIES	CURLY FRIES
WEEK 2 (Beginning) September 29 - October 3	2 W.W. POPCORN CHICKEN WRAPS	TIGER TACO BAR W/ TOPPINGS SALAD. NACHOS OR 2 TACOS	Pillsbury Mini Pancakes with 2 Slices of Fried Ham	TIGER TACO BAR W/ TOPPINGS SALAD. NACHOS OR 2 TACOS	OCTOBER 3RD IS A TEACHER WAIVER DAY! NO SCHOOL!
	PEPPERONI OR CHEESE PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	or W. W. GOURMET PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	
	5 REG OR SPICY CHICKEN TENDERS W/ W.G. MINI PRETZEL	SUB YOUR WAY BAR	CHICKEN PARMESAN SANDWICH	OR ASIAN BAR	
DAILY VEG	BBQ BAKED BEANS BONUS - SUGAR COOKIE	BUTTERED CORN / GREEN BEANS	TATOR TOTS / PASTA	BUTTERED CORN / BROCCOLI W/ CHEESE	

GREEN PRINT INDICATES MEATLESS OPTION **HIGHLIGHTING INDICATES BONUS ITEM**
ALL BREADS, PASTAS, BREADINGS, RICE, ARE WHOLE GRAIN.

VEGETARIAN AND FRESH ALTERNATE ENTREES AVAILABLE DAILY - ENTRÉE
SALADS, WRAP SANDWICHES W/ DORITOS, BLACK BEAN BURGERS,
VEG CHILI CHEESE WRAPS

The USDA is an equal opportunity provider and employer.





THIS 2014 -15 MENU

Students must select a minimum of 4 items to qualify as a reimbursable lunch!
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LUNCH
PRICE:
\$2.85

OCTOBER 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3 (Beginning) October 6th	CHICKEN BACON MOZZ SUB ON A WW HOAGIE	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	4) FRENCH TOAST w/ Syrup with 2 Slices of Fried Ham	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	BBQ RIB SANDWICH OR BREADED CHICKEN SANDWICH
	PEPPERONI OR CHEESE PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	or W. W. GOURMET PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	PEPPERONI OR CHEESE PIZZA
	SPICY OR REG. POPCORN CHICKEN W/ W.G. DINNER ROLL	SUB YOUR WAY BAR	OR PASTA & SALAD BAR W/ GARLIC ROLL	OR ASIAN BAR	BURGER & CURLY FRIES BAR
DAILY VEG	SEASONED WEDGE FRIES	CRUNCHY, CHEESY REFRIED BEANS	TATOR TOTS BONUS - CARNIVAL COOKIE	BUTTER CORN / SWEET POTATO FRIES	CURLY FRIES
WEEK 4 (Beginning) October 13th	CHICKEN OR CHEESE QUESIDILLA	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	Pillsbury Mini Pancakes with 2 Slices of Fried Ham	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	OCTOBER 17TH IS NEOEADAY NO SCHOOL!
	PEPPERONI OR CHEESE PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	or W. W. GOURMET PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	
	5 REG OR SPICY CHICKEN TENDERS W/ W.G. MINI PRETZEL	SUB YOUR WAY BAR	CHICKEN PARMESAN WITH BREADSTICK	OR ASIAN BAR	
DAILY VEG	TEX MEX BBQ BAKED BEANS BONUS - SUGAR COOKIE	BUTTERED CORN	TATOR TOTS / PASTA	BUTTERED CORN / CALIFORNIA VEGS	
WEEK 1 (Beginning) October 20th	TURKEY AND GRAVY OVER MASHED POTATOES	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	WHITE WHOLE GRAIN BREAKFAST BAGEL	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	BBQ PULLED PORK SANDWICH OR BREADED CHICKEN SANDWICH
	PEPPERONI OR CHEESE PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	or W. W. GOURMET PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	PEPPERONI OR CHEESE PIZZA
	SPICY OR REG. POPCORN CHICKEN W/ W.G. DINNER ROLL	SUB YOUR WAY BAR	OR PASTA & SALAD BAR W/ GARLIC ROLL	OR ASIAN BAR	BURGER & CURLY FRIES BAR
DAILY VEG	MASHED POTATOES W/ GRAVY BONUS - MINI ICE CREAM SANDWICH	CRUNCHY, CHEESY REFRIED BEANS	SEASONED WEDGE FRIES BONUS - CARNIVAL COOKIE	BUTTERED CORN / SWEET POTATO FRIES	CURLY FRIES
WEEK 2 (Beginning) October 27th - 31st	2 W.W. POPCORN CHICKEN WRAPS	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	Pillsbury Mini Pancakes with 2 Slices of Fried Ham	TIGER TACO BAR W/ TOPPINGS SALAD, NACHOS OR 2 TACOS	6 MINI W.G CORN DOGS OR BREADED CHICKEN SANDWICH
	PEPPERONI OR CHEESE PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	or W. W. GOURMET PIZZA OR BREADED CHICKEN SANDWICH	2 CHEESY BREADSTICKS w/ sce OR BREADED CHICKEN SANDWICH	PEPPERONI OR CHEESE PIZZA
	5 REG OR SPICY CHICKEN TENDERS W/ W.G. MINI PRETZEL	SUB YOUR WAY BAR	CHICKEN PARMESAN SANDWICH	OR ASIAN BAR	BURGER & CURLY FRIES BAR
DAILY VEG	BBQ BAKED BEANS BONUS - SUGAR COOKIE	BUTTERED CORN / GREEN BEANS	TATOR TOTS / PASTA	BUTTERED CORN / BROCCOLI W/ CHEESE	CURLY FRIES