



# 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



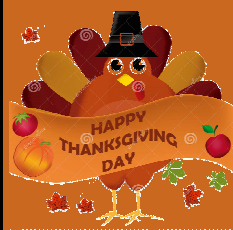


# THS 2017-18 MENU

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 & NOVEMBER 2017

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

**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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## November & December 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 (Beginning)</b> <b>November 27th</b> <b>- December 1st</b>	<b>EVERYTHING CHICKEN BAR</b> 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	<b>TIGER TACO BAR</b> 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 <b>Giant Goldfish Cookie</b>	<b>4 FRENCH TOAST STICKS</b> <b>OR 9 MINI PANCAKES</b> <b>WITH 2 SAUSAGE LINKS</b> OR ALTERNATE ENTREE PICK 2: POTATO TRIANGLES PICK 2: BANANA W/ CHOC SYRUP	<b>SUB YOUR WAY BAR</b> 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 <b>OTIS CHOCOLATE CHIP OR M&amp;M</b> <b>COOKIE</b>	<b>ITALIAN BAR</b> 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
<b>WEEK 1 (Beginning)</b> <b>December 4th</b>	<b>EVERYTHING CHICKEN BAR</b> 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	<b>TIGER TACO BAR</b> <b>Walking Tacos w/</b> <b>Nacho or Cool Ranch Doritos</b> OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON <b>Giant Goldfish Cookie</b>	<b>6 MINI CORN DOGS OR</b> <b>REGULAR CORN DOGS</b> OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: SEASONED CURLY FRIES PICK 2: BANANA W/ CHOC SYRUP	<b>SUB YOUR WAY BAR</b> 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 <b>OTIS CHOCOLATE CHIP OR M&amp;M</b>	<b>ASIAN BAR</b> Choice of: Lo-Mein Noodles, Fried Rice, or Brown Rice <b>Grilled or Popcorn Chicken</b> 1/2 VEG EGG ROLL OR ALTERNATE ENTREE PICK 2: Broccoli or Pepper & Onions Blend & ASIAN SALAD PICK 2: FRUITS & FORTUNE COOKIE
<b>WEEK 2 (Beginning)</b> <b>December 11th</b>	<b>EVERYTHING CHICKEN BAR</b> 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	<b>TIGER TACO BAR</b> 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 <b>Giant Goldfish Cookie</b>	<b>4 FRENCH TOAST STICKS</b> <b>OR 9 MINI PANCAKES</b> <b>WITH 2 SAUSAGE LINKS</b> OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: POTATO TRIANGLES, PICK 2: BANANA W/ CHOC SYRUP	<b>SUB YOUR WAY BAR</b> 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 <b>OTIS CHOCOLATE CHIP OR M&amp;M</b> <b>COOKIE</b>	<b>ITALIAN BAR</b> 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
<b>WEEK 3 (Beginning)</b> <b>December 18th</b>	<b>EVERYTHING CHICKEN BAR</b> 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	<b>TIGER TACO BAR</b> <b>Walking Tacos w/</b> <b>Nacho or Cool Ranch Doritos</b> OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON <b>Giant Goldfish Cookie</b>	<b>BUILD YOUR OWN BACON</b> <b>CHEESEBURGER BAR</b> OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: SEASONED CURLY FRIES PICK 2: BANANA W/ CHOC SYRUP	<b>SUB YOUR WAY BAR</b> 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 <b>ICED HOLIDAY COOKIE</b>	<b>ASIAN BAR</b> Choice of: Lo-Mein Noodles, Fried Rice, or Brown Rice <b>Grilled or Popcorn Chicken</b> 1/2 VEG EGG ROLL OR ALTERNATE ENTREE PICK 2: Broccoli or Pepper & Onions Blend & ASIAN SALAD PICK 2: FRUITS & FORTUNE COOKIE

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 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**

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