



TWINSBURG WELLNESS & NUTRITION

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



COMING SOON— **APRIL 22ND AT 10AM**

TWINSBURG BICENTENNIAL

TIGER SPIRIT RUN

- **DODGE, BISSELL & WILCOX CANNED FRUIT DRIVE FOR A “POPCICLE PARTY”**
- **COOL STUDENT DESIGNED TIGER SPIRIT RUN BICENTENNIAL T-SHIRTS \$10.00 PER PERSON TO PARTICIPATE. SIGN UP FORMS COMING IN MARCH.**
- **COME MEET “TWINNY THE TIGER”**
- **Free water, fresh fruit and snacks**

Don't miss this great morning of fun and fitness!



**DRESS UP AS A TIGER OR IN
TIGER SPIRIT WEAR AND GET
ENTERED INTO RAFFLE TO WIN**





WILCOX 2016-17 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:
\$2.75

February and March 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) February 6th	2 MINI CHEESEBURGER SLIDERS OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE Bonus—Mini Rice Krispie Treat	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	NEW STRAWBERRY SMOOTHIE W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
WEEK 1 (Beginning) February 13th	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% Juice)	CHOICE OF JUMBO CRUNCHY OR SOFT TACO w/ lettuce and cheese or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES CANNED PEARS BONUS—FUNSIZE DORITOS	5 MINI CORN DOGS <i>(Turkey)</i> or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	NO SCHOOL!
WEEK 2 (Beginning) February 20th	PRESIDENTS DAY! NO SCHOOL!	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	NEW MIXED BERRY SMOOTHIE W/ HOT SOFT PRETZEL OR PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
WEEK 3 (Beginning) February 27th—March 3rd	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	WALKING TACO (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	CORN DOG (Chicken) or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	WILCOX READS SMALL BUT MIGHTY MINI GRILLED CHEESE SANDWICHES OR SLOPPY JOE SANDWICH PICK 1 or 2: BAKED CURLY FRIES MINI CARROTS W/ DIP PICK 1: FRESH CANTALOUPE CINNAMON APPLESAUCE MINI TREAT PROVIDED BU PTA

STRAWBERRY AND MIXED BERRY SMOOTHIES ARE MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES AND YOPLAIT VANILLA YOGURT!

GREEN PRINT INDICATES VEGETARIAN OPTION

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

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 Students must take at least one fruit or vegetable.

LUNCH
 PRICE:
\$2.75

March and April 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) March 6th	2 MINI CHEESEBURGER SLIDERS OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE Bonus—Mini Rice Krispie Treat	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	STRAWBERRY SMOOTHIE W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
WEEK 1 (Beginning) March 13th	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% Juice)	WALKING TACO (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	5 MINI CORN DOGS <i>(Turkey)</i> or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: FRESH CANTOUPE CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
WEEK 2 (Beginning) March 20th March	BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	MIXED BERRY SMOOTHIE W/ HOT SOFT PRETZEL OR PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - FORTUNE COOKIE	CHICKEN PATTY SANDWICH or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS BEANS CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE

March 27th— March 31st—Spring Break No School!

WEEK 3 (Beginning) April 3rd	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	WALKING TACO (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	4" TURKEY & CHEESE SUB (SERVED ON A FRESH BAKED SUB BUN) or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE CHIP COOKIE	POPCORN CHICKEN W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: FRESH CANTALOUPE CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
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