



# TWINSBURG WELLNESS & NUTRITION



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



## BAUMAN ORCHARDS, INC.

Fresh local apples grown in Rittman, Ohio



For the 2017-18 School Year, Twinsburg City Schools will be buying only the best locally grown apples for our students! Each month we will feature a new fresh, local apple from Bauman Orchards. We hope your students enjoy the fresh difference!

<b>Aug &amp; Sept.</b>	- Paula Red Apples	<b>February</b>	- Empire Apples
<b>October</b>	- Yellow Delicious	<b>March</b>	- Melrose Apples
<b>November</b>	- Pink Lady Apples	<b>April</b>	- Red Delicious
<b>December</b>	- Macintosh Apples	<b>May</b>	- Fuji Apples
<b>January</b>	- Gold Rush Apple		

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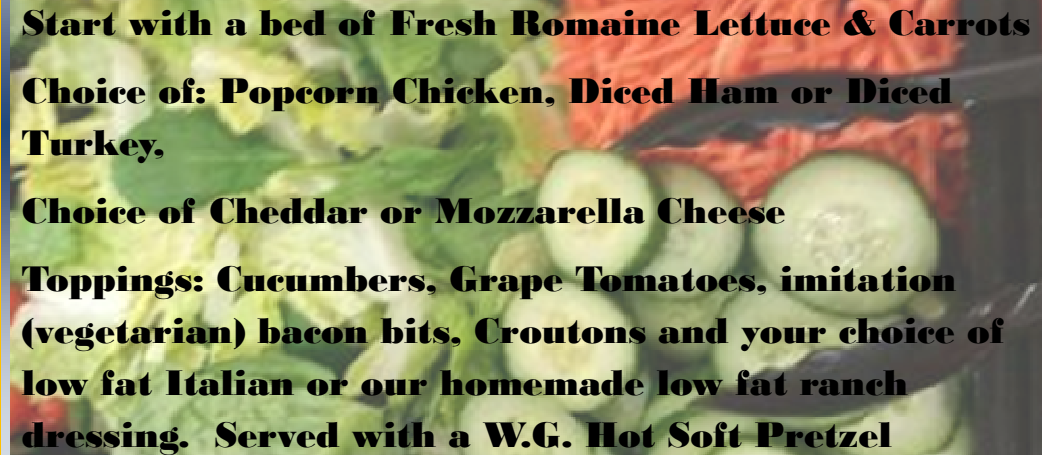
## You Choose, We Serve **SALAD BAR**

**Start with a bed of Fresh Romaine Lettuce & Carrots**

**Choice of: Popcorn Chicken, Diced Ham or Diced Turkey.**

**Choice of Cheddar or Mozzarella Cheese**

**Toppings: Cucumbers, Grape Tomatoes, imitation (vegetarian) bacon bits, Croutons and your choice of low fat Italian or our homemade low fat ranch dressing. Served with a W.G. Hot Soft Pretzel**



### **STRAWBERRY AND MIXED BERRY SMOOTHIE**

**MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES WITH YOPLAIT VANILLA YOGURT**



### **HEALTHY OFFERINGS BACK IN 2017-18**

**AS ALWAYS...WE USE OUR HOMEMADE, FRESH, LOW SODIUM PIZZA SAUCE AND GARLIC PASTE ON OUR WHOLE GRAIN PIZZAS AND CHEESY BREADS**

**Whole Grain Mini Corn Dogs (Chicken) and Whole Grain Mini Pancakes**





# WILCOX & BISSELL 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:  
**\$2.75**

## November & December 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 (Beginning)</b> <b>November 27th—</b> <b>December 1st</b>	<b>5 MINI CORN DOGS (turkey)</b> or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WAFFLE FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRY APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>(5) CHICKEN NUGGETS</b> 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	<b>STRAWBERRY SMOOTHIE</b> W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>December 4th</b>	<b>3 PANCAKES w/ SYRUP</b> w/ 1.75 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: JUICY ORANGE JELLO (made with real orange juice) CINNAMON APPLESAUCE	<b>WALKING TACO</b> (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 CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>You Choose, We Serve SALAD BAR</b> W/ HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: BABY CARROTS SLICED CUKES W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BBQ Baked Beans <b>DRAGON PUNCH JUICE</b> — BLENDED VEGGIE JUICE PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 2 (Beginning)</b> <b>December 11th</b>	<b>ALL BEEF HOT DOG ON A BUN</b> or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WAFFLE FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRY APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>(5) CHICKEN NUGGETS</b> 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	<b>MIXED BERRY SMOOTHIE</b> 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 <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>December 18th</b>	<b>3 PANCAKES w/ SYRUP</b> w/ 1.75 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF LOW 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 <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>You Choose, We Serve SALAD BAR</b> W/ HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: BABY CARROTS SLICED CUKES W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans <b>DRAGON PUNCH JUICE</b> — BLENDED VEGGIE JUICE PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>LAST DAY BEFORE WINTER BREAK!</b> <b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE <b>BONUS—ICED HOLIDAY COOKIE</b>

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.

The USDA is an equal opportunity provider and employer.






# WILCOX & BISSELL 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:  
**\$2.75**

## January & February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 5 (Beginning)</b> <b>January 8th</b>	<b>LAST DAY OF WINTER BREAK!</b>  <b>NO SCHOOL FOR STUDENTS!</b> 	CHOICE OF JUMBO CRUNCHY OR SOFT TACO w/ lettuce and cheese or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: <b>DICED STRAWBERRIES</b> CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	<i>You Choose, We Serve</i> <b>SALAD BAR</b> w/ HOT SOFT PRETZEL or STRAWBERRY YOGURT w/ HOT SOFT PRETZEL PICK 1 or 2: BABY CARROTS SLICED CUKES w/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS – CHOCOLATE CHIP COOKIE	<b>POPCORN CHICKEN</b> w/ MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans <b>DRAGON PUNCH JUICE</b> — BLENDED VEGGIE JUICE PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL w/ REAL NACHO CHEESE SAUCE</b> PICK 1 or 2: BROCCOLI w/ CHEESE SCE. BABY CARROTS w/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
<b>WEEK 6 (Beginning)</b> <b>January 15th</b>	<b>Martin Luther King Holiday!</b>  <b>No School!</b>	<b>(5) CHICKEN NUGGETS</b> w/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: <b>DICED STRAWBERRIES</b> CANNED PEARS	<b>MIXED BERRY SMOOTHIE</b> 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	<b>CHICKEN PATTY SANDWICH</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: TEX MEX BAKED BEANS SLICED CUKES w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	<b>PENNE PASTA WITH 3 MEATBALLS w/ Garlic Bread</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: GREEN BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 7 (Beginning)</b> <b>January 22nd</b>	<b>3 PANCAKES w/ SYRUP</b> w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR <b>CHEESE PIZZA</b> PICK 1 or 2: POTATO TRIANGLE BABY CARROTS w/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF LOW FAT DORITOS) or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: <b>DICED STRAWBERRIES</b> OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	<i>You Choose, We Serve</i> <b>SALAD BAR</b> w/ HOT SOFT PRETZEL or STRAWBERRY YOGURT w/ HOT SOFT PRETZEL PICK 1 or 2: BABY CARROTS SLICED CUKES w/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE BONUS – CHOCOLATE CHIP COOKIE	<b>POPCORN CHICKEN</b> w/ W.W. MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans <b>DRAGON PUNCH JUICE</b> — BLENDED VEGGIE JUICE PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>4" TURKEY &amp; CHEESE ON A FRESH BAKED SUB BUN</b> OR PEPPERONI OR <b>CHEESE PIZZA</b> PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS w/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
<b>WEEK 8 (Beginning)</b> <b>January 29th—February 2nd</b>	<b>5 MINI CORN DOGS (turkey)</b> or PEPPERONI OR <b>CHEESE PIZZA</b> PICK 1 or 2: <b>SEASONED WAFFLE FRIES</b> BABY CARROTS w/ DIP PICK 1: STRAWBERRY APPLESAUCE 4oz ORANGE JUICE Bonus—Mini Rice Krispie Treat	<b>(5) CHICKEN NUGGETS</b> w/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: <b>DICED STRAWBERRIES</b> CANNED PEARS	<b>STRAWBERRY SMOOTHIE</b> w/ HOT SOFT PRETZEL or PEPPERONI OR <b>CHEESE PIZZA</b> PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS – FORTUNE COOKIE	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI w/ CHEESE SCE SLICED CUKES w/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP BONUS—CARNAVAL COOKIE	<b>NACHOS w/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE

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