



# TWINSBURG WELLNESS & NUTRITION



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

Whole Grain and made fresh daily!

FUEL UP TO play60 and TWINSBURG Food Service brings you... FARM TO SCHOOL

## HOMEMADE PIZZA and Cheesy Breadsticks

Made with Freshly Shredded Low Fat Mozzarella and Naturally Low Sodium Sauce, made FRESH each week with OREGANO and BASIL grown in our school herb garden.

Pizza and Cheesy Breadsticks—a healthy option for your students!

Start your day the healthy way at Twinsburg!

FUEL UP TO play60 and TWINSBURG Food Service brings you...

## Tiger Breakfast Rewards

Tiger Breakfast - a Great Start for your Brain and your Body!

Now even better with Tiger Breakfast Rewards

The more times you eat School Breakfast the more chances you get to win COOL monthly prizes!

Don't miss out on great nutrition and great fun!



# WILCOX & BISSELL 2015-16 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:  
**\$2.60**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

## AUGUST & SEPTEMBER 2015

|  |   |   |   |   |  |
|--|---|---|---|---|--|
| <p><b>WEEK 1 (Beginning)</b><br/> <b>August 17</b><br/>           First Day of School is<br/>           Wednesday, August 19th</p> |    |    | <p><b>5 MINI CORN DOGS</b> (Turkey)<br/>           or <b>STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b><br/>           or <b>PEPPERONI OR CHEESE PIZZA</b><br/> <b>PICK 1 or 2:</b> (4) POTATO SMILES<br/>           ROMAINE SALAD w/ DRSG<br/> <b>PICK 1:</b> PINEAPPLE CHUNKS<br/>           Sliced Banana w/ CHOC. DRIZZLE<br/> <b>BONUS – CHOCOLATE CHIP COOKIE</b></p>  | <p><b>POPCORN CHICKEN</b><br/>           W/ MINI HOT SOFT PRETZEL<br/>           or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br/> <b>PICK 1 or 2:</b> BBQ Baked Beans<br/>           SLICED CUKES W/ DIP<br/> <b>PICK 1:</b> PEACHES<br/>           FRESH APPLE SLICES w/ DIP</p>      | <p><b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b><br/> <b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b><br/> <b>PICK 1 or 2:</b> BROCCOLI W/ CHEESE SCE.<br/>           BABY CARROTS W/ DIP<br/> <b>PICK 1:</b> RED SEEDLESS GRAPES<br/>           CINNAMON APPLESAUCE</p> |
| <p><b>WEEK 2 (Beginning)</b><br/> <b>August 24</b></p>   | <p><b>BREAKFAST BAGEL</b><br/>           (egg, cheese, bacon or TURKEY sausage)<br/>           or <b>PEPPERONI OR CHEESE PIZZA</b><br/> <b>PICK 1 or 2:</b> 1 POTATO TRIANGLE<br/>           BABY CARROTS W/ DIP<br/> <b>PICK 1:</b> FLAVORED APPLESAUCE<br/>           4oz ORANGE JUICE</p>                      | <p><b>(5) CHICKEN NUGGETS</b><br/>           W/ W.W.DINNER ROLL<br/>           or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br/> <b>PICK 1 or 2:</b> MASHED POTATOES<br/>           ROMAINE SALAD w/ DRSG<br/> <b>PICK 1:</b> WATERMELON WEDGE<br/>           CANNED PEARS</p>  | <p><b>26 WEAR A HAWAIIAN SHIRT TODAY!</b><br/> <b>TROPICAL PARTY DAY</b><br/> <b>5 BBQ MEATBALLS</b> (w/ Hot Soft Pretzel)<br/>           W/ UMBRELLA TOOTHPICK<br/>           or <b>STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b><br/>           or <b>PEPPERONI OR CHEESE PIZZA</b><br/> <b>PICK 1 or 2:</b> BROCCOLI W/ CHEESE SCE.<br/>           ROMAINE SALAD w/ DRSG<br/> <b>PICK 1:</b> PINEAPPLE CHUNKS<br/>           Sliced Banana w/ CHOC. DRIZZLE<br/> <b>*BUY A LUNCH AND GET A FREE LEI!</b></p> | <p><b>CHICKEN PATTY SANDWICH</b><br/>           or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br/> <b>PICK 1 or 2:</b> GREEN BEANS<br/>           SLICED CUKES W/ DIP<br/> <b>PICK 1:</b> PEACHES<br/>           FRESH APPLE SLICES w/ DIP<br/> <b>BONUS—CARNAVAL COOKIE</b></p>         | <p><b>NACHOS W/REAL NACHO CHEESE SAUCE</b><br/>           OR BURGER OR CHEESEBURGER<br/> <b>PICK 1 or 2:</b> CRUNCHY, CHEESY REFRIED BEANS<br/> <b>SUNSET SIP—BLENDED VEGGIE JUICE</b><br/> <b>PICK 1:</b> RED SEEDLESS GRAPES<br/>           CINNAMON APPLESAUCE</p>            |
| <p><b>WEEK 3 (Beginning)</b><br/> <b>August 31–</b><br/> <b>September 4th</b></p>  | <p><b>PILLSBURY MINI PANCAKES</b><br/>           with 1.5 oz Slice of Fried Ham<br/>           or <b>PEPPERONI OR CHEESE PIZZA</b><br/> <b>PICK 1 or 2:</b> TATOR TOTS<br/>           BABY CARROTS W/ DIP<br/> <b>PICK 1:</b> WARM CINNAMON SUGAR<br/>           APPLE SLICES<br/>           4oz ORANGE JUICE</p> | <p><b>WALKING TACO</b><br/>           (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS)<br/>           or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br/> <b>PICK 1 or 2:</b> BUTTERED CORN<br/>           BABY CARROTS w/ DIP<br/> <b>PICK 1:</b> WATERMELON WEDGE<br/>           OR CANNED PEARS<br/> <b>BONUS—GIANT GOLDFISH GRAHAM</b></p> | <p><b>CORN DOG (Chicken)</b><br/>           or <b>STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b><br/>           or <b>PEPPERONI OR CHEESE PIZZA</b><br/> <b>PICK 1 or 2:</b> (4) POTATO SMILES<br/>           ROMAINE SALAD w/ DRSG<br/> <b>PICK 1:</b> PINEAPPLE CHUNKS<br/>           Sliced Banana w/ CHOC. DRIZZLE<br/> <b>BONUS – CHOCOLATE CHIP COOKIE</b></p>   | <p><b>POPCORN CHICKEN</b><br/>           W/ W.W. MINI HOT SOFT PRETZEL<br/>           or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br/> <b>PICK 1 or 2:</b> BBQ Baked Beans<br/>           SLICED CUKES W/ DIP<br/> <b>PICK 1:</b> PEACHES<br/>           FRESH APPLE SLICES w/ DIP</p> | <p><b>STAFF DAY</b><br/> <b>NO SCHOOL FOR STUDENTS!</b></p>  |

**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 2015-16 MENU

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## SEPTEMBER AND OCTOBER 2015

|   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|--|---|--|---|
| <b>WEEK 4 (Beginning)</b><br><b>September 7</b>                       | <b>LABOR DAY</b><br><b>NO SCHOOL!</b>  | <b>5) CHICKEN NUGGETS</b><br>W/ W.W.DINNER ROLL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br>PICK 1 or 2: MASHED POTATOES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: WATERMELON WEDGE<br>CANNED PEARS   | <b>ALL BEEF HOT DOG ON A BUN</b><br>or <b>STRAWBERRY YOGURT W/ SOFT PRETZEL</b><br>or <b>PEPPERONI OR CHEESE PIZZA</b><br>PICK 1 or 2: WAFFLE FRIES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE TIDBITS<br>Sliced Banana w/ CHOC. DRIZZLE   | <b>CHICKEN PATTY SANDWICH</b><br>or <b>MACARONI &amp; CHEESE</b><br>PICK 1 or 2: BROCCOLI W/ CHEESE SCE<br>SLICED CUKES W/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP<br><b>BONUS—CARNAVAL COOKIE</b>         | <b>NACHOS W/REAL NACHO CHEESE SAUCE</b><br>OR BURGER OR CHEESEBURGER<br>PICK 1 or 2: CRUNCHY, CHEESY<br>REFRIED BEANS<br><b>SUNSET SIP</b> —BLENDED VEGGIE JUICE<br>PICK 1: STRAWBERRIES<br>CINNAMON APPLESAUCE               |
| <b>WEEK 1 (Beginning)</b><br><b>September 14</b>                      | <b>PILLSBURY MINI PANCAKES</b><br>W/ SYRUP w/ 1.5 oz Slice of Fried Ham<br>or <b>PEPPERONI OR CHEESE PIZZA</b><br>PICK 1 or 2: TATOR TOTS<br>BABY CARROTS W/ DIP<br>PICK 1: FLAVORED APPLESAUCE<br>JUICY ORANGE JELLO (100% Juice) | <b>CHICKEN OR CHEESE QUESIDILLA</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br>PICK 1 or 2: BUTTERED CORN<br>BABY CARROTS w/ DIP<br>PICK 1: WATERMELON WEDGE<br>CANNED PEARS<br><b>BONUS—FUNSIZE DORITOS</b>   | <b>5 MINI CORN DOGS (Turkey)</b><br>or <b>STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b><br>or <b>PEPPERONI OR CHEESE PIZZA</b><br>PICK 1 or 2: (4) POTATO SMILES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE CHUNKS<br>Sliced Banana w/ CHOC. DRIZZLE<br><b>BONUS - CHOCOLATE CHIP COOKIE</b>                             | <b>POPCORN CHICKEN</b><br>W/ MINI HOT SOFT PRETZEL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br>PICK 1 or 2: BBQ Baked Beans<br>SLICED CUKES W/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP        | <b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b><br><b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b><br>PICK 1 or 2: BROCCOLI W/ CHEESE SCE.<br>BABY CARROTS W/ DIP<br>PICK 1: RED SEEDLESS GRAPES<br>CINNAMON APPLESAUCE |
| <b>WEEK 2 (Beginning)</b><br><b>September 21</b>                      | <b>BREAKFAST BAGEL</b><br>(egg, cheese, bacon or TURKEY sausage)<br>or <b>PEPPERONI OR CHEESE PIZZA</b><br>PICK 1 or 2: 1 POTATO TRIANGLE<br>BABY CARROTS W/ DIP<br>PICK 1: FLAVORED APPLESAUCE<br>4oz ORANGE JUICE                | <b>(5) CHICKEN NUGGETS</b><br>W/ W.W.DINNER ROLL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br>PICK 1 or 2: MASHED POTATOES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: WATERMELON WEDGE<br>CANNED PEARS  | <b>4" TURKEY &amp; CHEESE SUB</b><br>(SERVED ON A FRESH BAKED SUB BUN)<br>or <b>PEPPERONI OR CHEESE PIZZA</b><br>or <b>STRAWBERRY YOGURT W/ SOFT PRETZEL</b><br>PICK 1 or 2: BAKED CURLY FRIES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE TIDBITS<br>Sliced Banana w/ CHOC. DRIZZLE<br><b>BONUS - FORTUNE COOKIE</b> | <b>CHICKEN PATTY SANDWICH</b><br>or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br>PICK 1 or 2: GREEN BEANS<br>SLICED CUKES W/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP<br><b>BONUS—CARNAVAL COOKIE</b> | <b>NACHOS W/REAL NACHO CHEESE SAUCE</b><br>OR BURGER OR CHEESEBURGER<br>PICK 1 or 2: CRUNCHY, CHEESY<br>REFRIED BEANS<br><b>SUNSET SIP</b> —BLENDED VEGGIE JUICE<br>PICK 1: RED SEEDLESS GRAPES<br>CINNAMON APPLESAUCE        |
| <b>WEEK 3 (Beginning)</b><br><b>September 28—</b><br><b>October 2</b> | <b>STAFF DAY</b><br><b>NO SCHOOL FOR STUDENTS!</b>   | <b>WALKING TACO</b><br>(TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS)<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br>PICK 1 or 2: BUTTERED CORN<br>BABY CARROTS w/ DIP<br>PICK 1: WATERMELON WEDGE<br>OR CANNED PEARS<br><b>BONUS—GIANT GOLDFISH GRAHAM</b> | <b>CORN DOG (Chicken)</b><br>or <b>STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b><br>or <b>PEPPERONI OR CHEESE PIZZA</b><br>PICK 1 or 2: (4) POTATO SMILES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE CHUNKS<br>Sliced Banana w/ CHOC. DRIZZLE<br><b>BONUS - CHOCOLATE CHIP COOKIE</b>                                    | <b>POPCORN CHICKEN</b><br>W/ W.W. MINI HOT SOFT PRETZEL<br>or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b><br>PICK 1 or 2: BBQ Baked Beans<br>SLICED CUKES W/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP   | <b>GRILLED CHEESE SANDWICH</b><br>OR SLOPPY JOE SANDWICH<br>PICK 1 or 2: OVEN BAKED CURLY<br>FRIES<br>BABY CARROTS W/ DIP<br>PICK 1: STRAWBERRIES<br>CINNAMON APPLESAUCE<br><b>BONUS—FORTUNE COOKIE</b>                       |

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