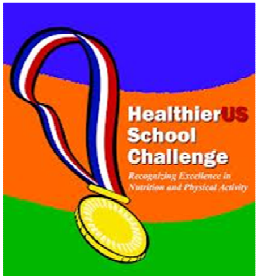




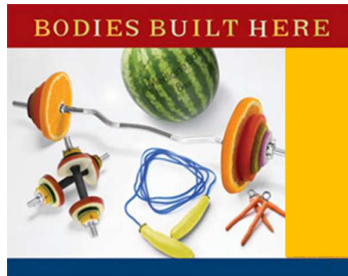
# TWINSBURG WELLNESS & NUTRITION



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



[All Schools EZpay Information](#)



[Twinsburg Allergen Statement and BONUS item information on the web page!](#)




<p><b>RED</b> To improve heart &amp; blood health &amp; support joints</p>	<p><b>ORANGE</b> To prevent cancer &amp; promote collagen growth</p>	<p><b>YELLOW</b> Helps your heart, vision digestion &amp; immune system</p>
<p><b>GREEN</b> Powerful detoxers, fight free radicals, improve immune system</p>	<p><b>BLUE/PURPLE</b> Improve mineral absorption, powerful anti-oxidants</p>	<p><b>WHITE</b> Activate our natural killer cells &amp; reduce cancer risk</p>

## Twinsburg Schools Weekly Rainbow Offerings

Red Seedless Grapes, Cantaloupe, Bananas, Apples, Orange Juice, Strawberries, Pineapple Tidbits

Baby Carrots, Fresh Romaine Salads, Sweet Potato Fries, Fresh Steamed Broccoli, Sliced Cucumbers






# WILCOX & BISSELL 2014-15 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**

## NOVEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>November 3</b>	<b>PILLSBURY MINI PANCAKES</b> with 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 PINEAPPLE JUICE	<b>November 4th is            ELECTION DAY</b>  <b>NO SCHOOL!</b>	<b>STADIUM HOT DOG (Turkey)</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - SUGAR 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 SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
<b>WEEK 4 (Beginning)</b> <b>November 10th</b>	<b>3 FRENCH TOAST STIX</b> <b>W/ SYRUP</b> with 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz GRAPE JUICE	<b>(4) CHICKEN TENDERS</b> W/ .DINNER ROLL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: SWEET POTATO FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH GRAPES CANNED PEARS	<b>5 MINI CORN DOGS (Turkey)</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI W/ CHEESE 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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>November 17th</b>	<b>PILLSBURY MINI PANCAKES</b> with 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 PINEAPPLE JUICE	<b>JUMBO CRUNCHY OR SOFT TACO</b> or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>TURKEY &amp; GRAVY W/ ROLL</b> or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FROSTED SUGAR COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>HOT SOFT PRETZEL</b> <b>W/ REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: STEAMED BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
<b>WEEK 2 (Beginning)</b> <b>November 24th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz GRAPE JUICE	<b>(4) CHICKEN TENDERS</b> W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: FRESH GRAPES CANNED PEARS	<b>THANKSGIVING BREAK! NO SCHOOL!</b>   		

**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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# WILCOX & BISSELL 2014-15 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**

## DECEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>December 1st</b>	<b>PILLSBURY MINI PANCAKES</b> with 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	<b>CHICKEN OR CHEESE QUESIDILLA</b> or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>STADIUM HOT DOG (Turkey)</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS – SUGAR 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 SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b> <b>December 8th</b>	<b>3 FRENCH TOAST STIX</b> 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: FLAVORED APPLESAUCE JUICY ORANGE JELLO (100% Juice)	<b>(4) CHICKEN TENDERS</b> W/ .DINNER ROLL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: SWEET POTATO FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH GRAPES CANNED PEARS	<b>5 MINI CORN DOGS (Turkey)</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE 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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>December 15th</b>	<b>PILLSBURY MINI PANCAKES</b> with 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 PINEAPPLE JUICE	<b>JUMBO CRUNCHY OR SOFT TACO</b> or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	★ NEW ★ <b>HOT TURKEY &amp; CHEESE ROLL-UP</b> W/ RANCH DIP or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS – SUGAR COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>HOT SOFT PRETZEL            W/ REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: STEAMED BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE

**Winter Break—December 22nd—January 5th—No School!**

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