



TWINSBURG WELLNESS & NUTRITION



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



JOIN US SATURDAY, **APRIL 23RD** FROM 10AM—NOON
AT TIGER STADIUM FOR THE 9TH ANNUAL

TIGER SPIRIT RUN

● **NEW THIS YEAR—TIGER COSTUME/MAKE-UP CONTEST**— WE ENCOURAGE COSTUMES, MAKE-UP, ETC. TO MAKE YOURSELF THE BEST TIGER YOU CAN BE! TOP STUDENT CONTESTANTS WILL BE ENTERED INTO A RAFFLE FOR ONE OF OUR THREE JUMBO 30" WILD REPUBLIC STUFFED TIGERS COMPLIMENTS OF K & M INTERNATIONAL (SEE PHOTO BELOW). WATCH FOR THE TIGER IN YOUR SCHOOL CAFETERIA IN THE MONTHS OF MARCH AND APRIL. WE ENCOURAGE ADULTS TO DRESS UP AS WELL!

● **ALSO NEW THIS YEAR**—TRAVELING TROPHY TO THE SCHOOL (WILCOX, BISSELL, DODGE) WITH THE LARGEST % OF PARTICIPATION AND KID'S PARTICIPATION AWARDS

● 1 MILE OR 2 MILE OPTION

● COME MEET OUR TIGER MASCOT "TWINNY" **AND GET A PHOTO WITH HIM.**

● FREE FRUIT, WATER AND SNACKS



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



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

APRIL 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) April 4th	PILLSBURY MINI PANCAKES 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	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: STRAWBERRY CUP OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA 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
WEEK 4 (Beginning) April 11th	3 FRENCH TOAST STIX 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 4oz ORANGE JUICE	(5) CHICKEN NUGGETS W/ W.W. DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY CUP CANNED PEARS	ALL BEEF HOT DOG ON A BUN or STRAWBERRY YOGURT W/ 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	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 SUNSET SIP—BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
WEEK 1 (Beginning) April 18th	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: FLAVORED APPLESAUCE 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: STRAWBERRY CUP CANNED PEARS BONUS—FUNSIZE DORITOS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA 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 CANTALOUPE CINNAMON APPLESAUCE
WEEK 2 (Beginning) April 25th	NEW 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: SEASONED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY CUP CANNED PEARS	5 BBQ MEATBALLS W/ LARGE HOT SOFT PRETZEL or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BROCCOLI W/ CHEESE 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 SUNSET SIP—BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE

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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 Students must take at least one fruit or vegetable.

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\$2.60

MARCH 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) February 29th— March 4th	PILLSBURY MINI PANCAKES 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	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: STRAWBERRY CUP OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA 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
WEEK 4 (Beginning) March 7th	3 FRENCH TOAST STIX 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 4oz ORANGE JUICE	(5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY CUP CANNED PEARS	ALL BEEF HOT DOG ON A BUN or STRAWBERRY YOGURT W/ 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	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 SUNSET SIP—BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
WEEK 1 (Beginning) March 14th	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: FLAVORED APPLESAUCE FRUIT PUNCH JELLO (100% Juice)	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: STRAWBERRY CUP CANNED PEARS BONUS—FUNSIZE DORITOS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA 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 CANTALOUPE CINNAMON APPLESAUCE
WEEK 2 (Beginning) March 21st	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: SEASONED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY CUP CANNED PEARS	4" TURKEY & CHEESE SUB (SERVED ON A FRESH BAKED SUB BUN) or STRAWBERRY YOGURT W/ 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	<p>SPRING BREAK BEGINS MARCH 25TH NO SCHOOL!</p>

SPRING BREAK—MARCH 25TH—APRIL 1ST - NO SCHOOL!

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