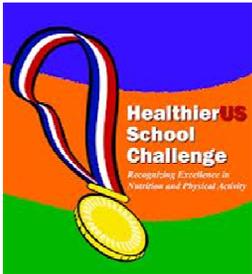




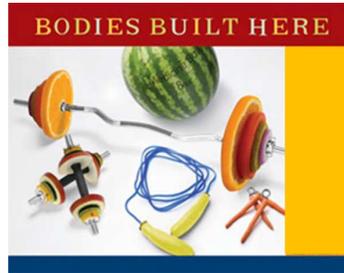
# TWINSBURG WELLNESS & NUTRITION



*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!](#)



Paws on Child Hunger

JOIN US SATURDAY, JANUARY 17th FROM 9AM-NOON IN THE THS COMMONS FOR THE 6th ANNUAL

## TIGER WELLNESS WORKSHOP

Wellness displays and fitness demos, free kid's fitness testing with Prize Board, and the Tiger 2 for 2 for Hunger, our 100% charitable free throw contest. \$2.00 for 2 minutes of free throws with all proceeds going to Paws on Hunger. Paws on Hunger is a joint venture between The Emergency Assistance Center and Twinsburg City Schools to provide a weekend backpack of "kid friendly", nutritious foods for our students in need at Wilcox Primary. The top boy and girl free throw shooter from each school wins a great prize! Don't miss this great morning of fun and fitness!



Stop by the Fuel up to Play 60 Table to meet Chomps from 10-11am





# 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**

## JANUARY 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>January 5th</b>	<b>Last Day of Winter Vacation</b>  <b>No School for Students!</b>	<b>(4) CHICKEN TENDERS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: FRESH ORANGE WEDGES CANNED PEARS	<b>CORN DOG (Chicken)</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR <b>CHEESE PIZZA</b> PICK 1 or 2: (4) POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or (2) <b>HOMEMADE CHEESY 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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>January 12th</b>	<b>PILLSBURY MINI PANCAKES</b> with 1.5 oz Slice of Fried Ham or PEPPERONI OR <b>CHEESE PIZZA</b> 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) <b>HOMEMADE CHEESY 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 FRESH BAKED ★ <b>HOT DOG POCKET (Turkey)</b> WITH OR WITHOUT CHEESE or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR <b>CHEESE PIZZA</b> PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<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 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>January 19th</b>	<b>Martin Luther King Jr Day</b>  <b>No School!</b>	<b>(4) CHICKEN TENDERS</b> W/ .DINNER ROLL or (2) <b>HOMEMADE CHEESY 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 <b>CHEESE PIZZA</b> 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>January 26th</b>	<b>PILLSBURY MINI PANCAKES</b> with 1.5 oz Slice of Fried Ham or PEPPERONI OR <b>CHEESE PIZZA</b> 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) <b>HOMEMADE CHEESY 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>FRESH BAKED HOT TURKEY &amp; CHEESE POCKET</b> W/ RANCH DIP or PEPPERONI OR <b>CHEESE PIZZA</b> 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 - CHOCOLATE CHIP COOKIE</b>	<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 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

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.