



TWINSBURG WELLNESS & NUTRITION



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

SATURDAY, APRIL 25TH AT 10AM AT TIGER STADIUM

2015 TigerFit Fun Run



JOIN US AS WE
PARTNER WITH
THE EMERGENCY
ASSISTANCE
CENTER
TO HELP
STOP HUNGER!

PLEASE BRING ANY TYPE OF
CANNED FRUIT TO DONATE ON THE
DAY OF THE RACE.

REGISTRATION FORMS
ON THE LUNCH MENU
WEB PAGE. DUE BY
APRIL 16TH

Beginning in
April!



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 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

MARCH and APRIL 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 (Beginning) March 30th– April 3rd	BREAKFAST BAGEL (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	(4) CHICKEN TENDERS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: FRESH ORANGE WEDGES CANNED PEARS	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	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	April 3rd SPRING BREAK BEGINS 

SPRING BREAK...APRIL 3RD—10TH

WEEK 3 (Beginning) April 13th	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 4oz ORANGE JUICE	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: CANTALOUPE OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	HOT DOG (Turkey) ON A BUN or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS 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: STRAWBERRIES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
WEEK 4 (Beginning) April 20th	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 JUICY ORANGE JELLO (100% Juice)	(4) CHICKEN TENDERS W/ .DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SWEET POTATO FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH ORANGE WEDGES CANNED PEARS	5 MINI CORN DOGS (Turkey) 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	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE 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 BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 1 (Beginning) April 27th— May 1st	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 4oz ORANGE JUICE	JUMBO CRUNCHY OR SOFT TACO or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS BONUS—FUNSIZE DORITOS	TURKEY & GRAVY W/ ROLL or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: MASHED POTATOES /GRVY ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS 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: 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.



WILCOX & BISSELL 2014-15 MENU

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Students must take at least one fruit or vegetable.

LUNCH
PRICE:
\$2.60

MAY AND JUNE 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) May 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 4oz ORANGE JUICE	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: CANTALOUPE OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	HOT DOG (Turkey) ON A BUN or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS 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: STRAWBERRIES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
WEEK 4 (Beginning) May 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 JUICY ORANGE JELLO (100% Juice)	(4) CHICKEN TENDERS W/ .DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SWEET POTATO FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH ORANGE WEDGES CANNED PEARS	5 MINI CORN DOGS (Turkey) 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	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE 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 BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 1 (Beginning) May 18th	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 4oz ORANGE JUICE	JUMBO CRUNCHY OR SOFT TACO or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS BONUS—FUNSIZE DORITOS	4" TURKEY & CHEESE SUB (SERVED ON A FRESH BAKED SUB BUN) or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS 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: STEAMED BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 2 (Beginning) May 25th	MEMORIAL DAY! NO SCHOOL!	(6) CHICKEN FRIES W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: FRESH ORANGE WEDGES CANNED PEARS	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 3 (Beginning) June 1st	June 1st PILLSBURY MINI PANCAKES w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS or BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR	June 2nd	HOT DOG (Turkey) ON A BUN or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SEASONED WEDGE FRIES or ROMAINE SALAD w/ DRSG PICK 1: FRESH FRUIT OR PINEAPPLE TIDBITS BONUS—30 CENT SNACK		

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