



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!



and Twinsburg Food Service brings you...



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!



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 2016-17 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:
\$2.75

OCTOBER AND NOVEMBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 31— November 4th	HALLOWEEN 2 MONSTER MINI CHEESE-BURGERS OR CHEESE PIZZA PICK 1 or 2: SPOOKY POTATO TRIANGLE CREEPY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE BONUS-MINI RICE KRISPIE TREAT	5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	ALL BEEF HOT DOG ON A BUN or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL 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 CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 1 (Beginning) November 7	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% Juice)	ELECTION DAY! NO SCHOOL!	5 MINI CORN DOGS <i>(Turkey)</i> or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL 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	VETERAN'S DAY HAMBURGER OR CHEESE BURGER OR CHEESE PIZZA PICK 1 or 2: SEASONED CURLY FRIES BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 2 (Beginning) November 14	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: BROCCOLI W/ CHEESE SCE ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	THANKSGIVING FEAST SLICED TURKEY or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL PICK 1 or 2: MASHED POTATOES/GRVY BUTTERED CORN PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE SUNBUTTER BAR—PEANUT & TREENUT FREE	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—FORTUNE COOKIE	NACHOS W/REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 3 (Beginning) November 21	PILLSBURY MINI PANCAKES W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: SEASONED WEDGE FRIES 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: DICED STRAWBERRIES OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	THANKSGIVING BREAK! NO SCHOOL—NOVEMBER 23RD, 24TH AND 25TH * CHOCOLATE SUNBUTTER BAR SERVED ON NOVEMBER 16TH IS COMPLETELY PEANUT AND TREENUT FREE AND IS MADE WITH SUN-BUTTER, POWDERED SUGAR, BROWN SUGAR, VANILLA, COCOA POWDER, OIL AND MILK		

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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\$2.75

OCTOBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 3rd	CURRICULUM DAY NO SCHOOL!	5) CHICKEN NUGGETS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	ALL BEEF HOT DOG ON A BUN or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL 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 CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 1 (Beginning) October 10th	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 JUICY 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: WATERMELON WEDGE CANNED PEARS BONUS—FUNSIZE DORITOS	5 MINI CORN DOGS (Turkey) or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL 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	NEOEA DAY No School!
WEEK 2 (Beginning) October 17th	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: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE 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 CALYPSO CRUSH—BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
WEEK 3 (Beginning) October 24th	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: 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: WATERMELON WEDGE OR CANNED PEARS BONUS—GIANT GOLDFISH GRAHAM	CORN DOG (Chicken) or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL 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: RED SEEDLESS GRAPES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE

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