



# TWINSBURG WELLNESS & NUTRITION

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



COMING SOON— APRIL 22ND AT 10AM

TWINSBURG BICENTENNIAL

## TIGER SPIRIT RUN

- **DODGE, BISSELL & WILCOX CANNED FRUIT DRIVE FOR A “POPCICLE PARTY”**
- **COOL STUDENT DESIGNED TIGER SPIRIT RUN BICENTENNIAL T-SHIRTS \$10.00 PER PERSON TO PARTICIPATE. SIGN UP FORMS COMING IN MARCH.**
- **COME MEET “TWINNY THE TIGER”**
- **Free water, fresh fruit and snacks**

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



**DRESS UP AS A TIGER OR IN  
TIGER SPIRIT WEAR AND GET  
ENTERED INTO RAFFLE TO WIN**





# 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**

## March and April 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>March 6th</b>	<b>2 MINI CHEESEBURGER SLIDERS</b> <b>OR CHEESE PIZZA</b> PICK 1 or 2: POTATO TRIANGLE CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>(5) CHICKEN NUGGETS</b> 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	<b>STRAWBERRY SMOOTHIE</b> W/ HOT SOFT PRETZEL or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE 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 <b>CALYPSO CRUSH—BLENDED</b> VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>March 13th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: SEASONED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% Juice)	<b>WALKING TACO</b> (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 <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>5 MINI CORN DOGS</b> (Turkey) or PEPPERONI <b>OR CHEESE PIZZA</b> 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 <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> 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	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: FRESH CANTOUPE CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
<b>WEEK 2 (Beginning)</b> <b>March 20th</b> <b>March</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	<b>(5) CHICKEN NUGGETS</b> 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	<b>MIXED BERRY SMOOTHIE</b> W/ HOT SOFT PRETZEL OR PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> 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 <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>CALYPSO CRUSH—BLENDED</b> VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE

## March 27th— March 31st—Spring Break No School!

<b>WEEK 3 (Beginning)</b> <b>April 3rd</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	<b>WALKING TACO</b> (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 <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>4" TURKEY &amp; CHEESE SUB</b> (SERVED ON A FRESH BAKED SUB BUN) or PEPPERONI <b>OR CHEESE PIZZA</b> 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 <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> 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	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: FRESH CANTALOUPE CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>
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STRAWBERRY AND MIXED BERRY SMOOTHIES ARE MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES AND YOPLAIT VANILLA YOGURT!

**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 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**

## April and May 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>April 10th</b>	<b>2 MINI CHEESEBURGER SLIDERS</b> <b>OR CHEESE PIZZA</b> PICK 1 or 2: POTATO TRIANGLE CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	<b>NEW</b> <b>STRAWBERRY SMOOTHIE</b> W/ HOT SOFT PRETZEL or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>Good Friday!</b> <b>NO SCHOOL!</b>
<b>WEEK 1 (Beginning)</b> <b>April 17th</b>	<b>NO SCHOOL!</b>	CHOICE OF JUMBO CRUNCHY OR SOFT TACO w/ lettuce and cheese or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS</b> <i>(Turkey)</i> or PEPPERONI <b>OR CHEESE PIZZA</b> 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 <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>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: FRESH CANTOUPE CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
<b>WEEK 2 (Beginning)</b> <b>April 24th</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES/GRVY ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	<b>NEW</b> <b>MIXED BERRY SMOOTHIE</b> W/ HOT SOFT PRETZEL OR PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - FORTUNE COOKIE</b>	<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: TEX MEX BAKED BEANS <b>CALYPSO CRUSH—BLENDED VEGGIE JUICE</b> PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>May 1st –5th</b>	<b>NEW ITEM</b> <b>7 MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG (Chicken)</b> or PEPPERONI <b>OR CHEESE PIZZA</b> 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 <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: RED SEEDLESS GRAPES CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>

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