



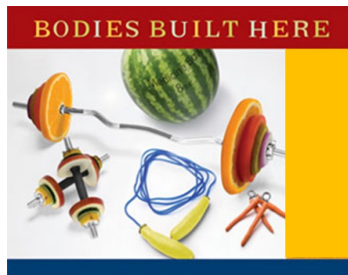
# TWINSBURG WELLNESS & NUTRITION



*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!](#)




<p><b>RED</b> To improve heart &amp; blood health &amp; support joints</p>	<p><b>ORANGE</b> To prevent cancer &amp; promote collagen growth</p>	<p><b>YELLOW</b> Helps your heart, vision digestion &amp; immune system</p>
<p><b>GREEN</b> Powerful detoxers, fight free radicals, improve immune system</p>	<p><b>BLUE/PURPLE</b> Improve mineral absorption, powerful anti-oxidants</p>	<p><b>WHITE</b> Activate our natural killer cells &amp; reduce cancer risk</p>

## Twinsburg Schools Weekly Rainbow Offerings

Red Seedless Grapes, Cantaloupe, Bananas, Apples, Orange Juice, Strawberries, Pineapple Tidbits  
 Baby Carrots, Fresh Romaine Salads, Sweet Potato Fries, Fresh Steamed Broccoli, Sliced Cucumbers



# 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.

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## FEBRUARY 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>February 2nd</b>	<b>BREAKFAST BAGEL</b> (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	<b>(4) CHICKEN TENDERS</b> 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	<b>CORN DOG (Chicken)</b> 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	<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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>February 9th</b>	<b>PILLSBURY MINI PANCAKES</b> 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	<b>CHICKEN OR CHEESE QUESIDILLA</b> or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH CANTALOUPE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	★ FRESH BAKED ★ <b>HOT DOG POCKET (Turkey)</b> WITH OR WITHOUT CHEESE or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA 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) 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>No School!</b>
<b>WEEK 4 (Beginning)</b> <b>February 16th</b>	<b>Presidents' Day</b>  <b>No School!</b>	<b>(4) CHICKEN TENDERS</b> 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	<b>5 MINI CORN DOGS (Turkey)</b> 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	<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>February 23rd</b>	<b>PILLSBURY MINI PANCAKES</b> 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 PINEAPPLE JUICE	<b>JUMBO CRUNCHY OR SOFT TACO</b> or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE 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 CHEESE PIZZA 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) 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>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

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