



TWINSBURG WELLNESS & NUTRITION



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

NEW IN 2016-17

Tiger Entree Salads

- Buffalo Chicken
- Fruit Salad
- Garden Veggie
- Grilled Chicken
- Italian
- Popcorn Chicken

\$2.00 or available as an entree with your lunch!

FRESH BAKED WHOLE GRAIN COOKIES 1.5 OZ COOKIES DAILY FOR .75. Served Warm!



M&M, Chocolate Chip, Dbl Choc Chip, Cinnamon Sugar

Smart Snack Compliant \$2.50 for a 3oz bag



Cookies n Cream, Cookie Dough, Chocolate and Vanilla, and Sour Patch Strawberry



THS 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:
 \$3.00**

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN STREET CAFÉ Popular homestyle meals with lots of options and variety. Meals include lots of fresh fruit and fresh Vegetable options. All items available as part of the \$3.00 Lunch!	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN OR POPCORN CHICKEN BOWL (MASHED POTATOES, POPCORN CHICKEN, CORN, TOPPED WITH GRAVY) W/ DINNER ROLL 2 VEGS (Potatoes, Corn, Salad or OTHER) 2 FRUITS AND MILK	TIGER TACO BAR Week 1 - Taco Salad, Nacho Supreme or Two Tacos Week 2 - Walking Tacos w/ Nacho or Cool Ranch Doritos Week 3 - 2 Halves of Chicken, Beef or Cheese Quesidillas Week 4 - Walking Tacos w/ Nacho or Cool Ranch Doritos Tons of Veggie Toppings BBQ OR TEX MEX BAKED BEANS 2 FRUITS AND MILK Giant Goldfish Cookie	ITALIAN BAR Choice of: Chicken Parmesan w/ Pasta and Garlic Bread or Chicken Parmesan Sandwich with Pasta or Pasta with choice of Meatballs, Alfredo or Marinara & Garlic Bread 2 VEGS (Salad, Carrots, Cucumbers) 2 FRUITS AND MILK	SUB YOUR WAY BAR Choice of: White or Italian Herb & Cheese Choice of: Fajita Chicken, 5 Meatballs, Cold Cuts (Turkey, Ham, Pepperoni) Choice of Dressings: Ranch, Italian, Hot Sauce, BBQ, or Sesame Ginger 2 Potato Triangles Cheese & Veggie Toppings Galore 2 FRUITS AND MILK OTIS CHOCOLATE CHIP OR M&M	ASIAN BAR Choice of: Lo-Mein Noodles, Fried Rice, or Brown Rice Choice of: Grilled Chicken or Popcorn Chicken Choice of: Fresh Steamed Broccoli or Pepper & Onion Blend Choice of: General Tso Sauce or Sweet n Sour Sauce ASIAN TOSSED SALAD , 1/2 VEG EGG ROLL AND 2 FRUITS AND MILK FORTUNE COOKIE
AMERICAN GRILL Fast food favorites sure to please. All items available as part of the \$3.00 Lunch!	BACON CHEESE BURGER PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (OVEN BAKED CURLY FRIES, BUTTERED CORN or OTHER) 2 FRUITS AND MILK	CORN DOG OR MINI CORN DOGS CHEESY BREAD W/ SAUCE BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (WAFFLE FRIES W CHEESE, BBQ OR TEX MEX BAKED BEANS or OTHER) 2 FRUITS AND MILK Giant Goldfish Cookie	CHICKEN BACON MOZZ OR SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW TOPPING PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (OVEN BAKED CURLY FRIES, SUGAR SNAP PEA PODS or OTHER) 2 FRUITS AND MILK	BREAKFAST CROISSANT SANDWICH CHEESY BREAD W/ SAUCE BREADED CHICKEN SANDWICH HAMBURGER W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (2 POTATO TRIANGLES, GREEN BEANS or OTHER) 2 FRUITS AND MILK OTIS CHOCOLATE CHIP OR M&M COOKIE	BBQ RIB OR BBQ PULLED PORK SANDWICH FIESTADA MEXICAN PIZZA BREADED CHICKEN SANDWICH HAMBURGER FISH SANDWICH W/ CHOICE OF TOPPINGS: lettuce, tomato, onion, pickles and cheese 2 VEGS (SEASONED WEDGE FRIES, FRESH STEAMED BROCCOLI or OTHER) 2 FRUITS AND MILK
EAT STREET CAFÉ Freshly made whole grain entrees and snacks that are available daily as an a la carte option. Other than the Gourmet Salads, these items CAN NOT be purchased as part of a \$3.00 Lunch!	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 6" round Deep Dish Pizza.....\$2.00 Bosco Cheese BreadSticks...\$1.75 Breaded Mozzarella Sticks...\$1.50 Starbucks Coffee.....\$1.50 Funnel Cake.....\$1.00 Fries or Potato.....\$1.25 1.5 oz Warm M&M Cookie.....\$0.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 Pep. French Bread Pizza.....\$2.00 Bosco Pretzel Sticks.....\$1.75 Breaded Mozzarella Sticks...\$1.50 Starbucks Coffee.....\$1.50 Churro.....\$1.00 Fries or Potato.....\$1.25 1.5 oz Choc Chip Cookie.....\$0.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 6" round Deep Dish Pizza.....\$2.00 Bosco Cheese BreadSticks...\$1.50 Breaded Mozzarella Sticks...\$1.50 Starbucks Coffee.....\$1.50 Funnel Cake.....\$1.00 Fries or Potato.....\$1.25 1.5 oz Warm M&M Cookies.....\$0.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 Garlic Che FncH Brd Pizza.....\$2.00 Bosco Pretzel Sticks.....\$1.50 Breaded Mozzarella Sticks...\$1.50 Starbucks Coffee.....\$1.50 Churro.....\$1.00 Fries or Potato.....\$1.25 1.5 oz DBL Choc Chip Cookie.....\$0.75	Gourmet Salads available with a Hot Soft Pretzel, Juice and Milk for\$3.00 A la Carte Items Available: Dippin Dots.....\$2.50 6" round Deep Dish Pizza.....\$2.00 Bosco Cheese BreadSticks...\$1.50 Breaded Mozzarella Sticks...\$1.50 Starbucks Coffee.....\$1.50 Funnel Cake.....\$1.00 Fries or Potato.....\$1.25 1.5 oz Cinn Sugar Cookie.....\$0.75

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH DAILY!

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.