



# 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!

FUEL UP TO play 60 and Twinsburg Food Service brings you... FARM TO SCHOOL

## 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!

FUEL UP TO play 60 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!



# THS 2015-16 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:  
 \$2.85**

Monday	Tuesday	Wednesday	Thursday	Friday
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## AUGUST & SEPTEMBER 2015

**WEEK 1 (Beginning)**  
**August 17**  
 First Day of School is  
 Wednesday, August 19th



**6 MINI CORN DOGS**  
 or GOURMET PIZZA  
 or Alternate Entrée  
**PICK 2: PASTA W/ MARINARA GREEN BEANS**  
 or Vegetable Options  
**PICK 2: BANANA W/ CHOC SYRUP**  
 OR Fruit Options  
**OR CHICKEN PARMESAN SANDWICH W/ PASTA**

**BREAKFAST BAGEL**  
 (egg, cheese, turkey sausage or bacon)  
 or (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
 OR ALTERNATE ENTREE  
**PICK 2: 2 POTATO TRIANGLES**  
 or Vegetable Options  
**PICK 2: APPLES W/ CARAMEL**  
 OR Fruit Options  
**OR SUB YOUR WAY BAR**

**BBQ RIB SANDWICH**  
 OR CALIFORNIA WHITE PIZZA  
 or Alternate Entrée  
**PICK 2: BUTTERED CORN**  
 or Vegetable Options  
**PICK 2: RED SEEDLESS GRAPES**  
 or Fruit Options  
**OR ASIAN BAR**  
**BONUS-CARNIVAL COOKIE**

**WEEK 2 (Beginning)**  
**August 24**

**SESAME GINGER POPCORN CHICKEN WRAP**  
 WITH SLAW DRESSING  
 OR PEPPERONI OR CHEESE PIZZA  
 or Alternate Entrée  
**PICK 2: OVEN BAKED CURLY FRIES**  
 or Vegetable Options  
**PICK 2: ORANGE WEDGES**  
 or Fruit Options  
**or Burger & Curly Fry Bar**

**6 REG OR SPICY CHICKEN NUGGETS W/ HOT SOFT PRETZEL ROD**  
 or (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
 OR ALTERNATE ENTREE  
**PICK 2: BBQ BAKED BEANS**  
 or Vegetable Options  
**PICK 2: WATERMELON WEDGE**  
 or Fruit Options  
**OR TIGER TACO BAR**

**CHICKEN** OR **CHEESE QUESADILLA**  
 or GOURMET PIZZA  
 or Alternate Entrée  
**PICK 2: BUTTERED CORN**  
 or Vegetable Options  
**PICK 2: BANANA W/ CHOC SYRUP**  
 OR Fruit Options  
**OR PASTA & SALAD BAR W/ GARLIC TEXAS TOAST**

**4 FRENCH TOAST STIX W/ SYRUP**  
 with 2 Slices of Fried Ham  
 or (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
 OR ALTERNATE ENTREE  
**PICK 2: TATOR TOTS**  
 or Vegetable Options  
**PICK 2: APPLES W/ CARAMEL**  
 OR Fruit Options  
**OR SUB YOUR WAY BAR**

**ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE**  
 OR CALIFORNIA WHITE PIZZA  
 or Alternate Entrée  
**PICK 2: WAFFLE FRIES**  
 or Vegetable Options  
**PICK 2: RED SEEDLESS GRAPES**  
 or Fruit Options  
**OR ASIAN BAR**  
**BONUS - CHOCOLATE CHIP COOKIE**

**WEEK 3 (Beginning)**  
**August 31–  
 September 4th**

**GRILLED CHICKEN BREAST WITH CHEESE AND BACON**  
 OR PEPPERONI OR CHEESE PIZZA  
 or Alternate Entrée  
**PICK 2: OVEN BAKED CURLY FRIES**  
 or Vegetable Options  
**PICK 2: ORANGE WEDGES**  
 or Fruit Options  
**or Burger & Curly Fry Bar**

**SPICY OR REG POPCORN CHICKEN** with Dinner Roll  
 or (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
 OR ALTERNATE ENTREE  
**PICK 2: TEX MEX BAKED BEANS**  
 or Vegetable Options  
**PICK 2: WATERMELON WEDGE**  
 or Fruit Options  
**OR WALKING TACO (W/ REG OR COOL RANCH RF DORITOS)**  
**BONUS—GIANT GOLDFISH COOKIE**

**CORN DOG**  
 or GOURMET PIZZA  
 or Alternate Entrée  
**PICK 2: PASTA W/ MARINARA GREEN BEANS**  
 or Vegetable Options  
**PICK 2: BANANA W/ CHOC SYRUP**  
 OR Fruit Options  
**OR CHICKEN PARMESAN WITH PASTA & GARLIC TEXAS TOAST**

**BREAKFAST BAGEL**  
 (egg, cheese, turkey sausage or bacon)  
 or (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
 OR ALTERNATE ENTREE  
**PICK 2: 2 POTATO TRIANGLES**  
 or Vegetable Options  
**PICK 2: APPLES W/ CARAMEL**  
 OR Fruit Options  
**OR SUB YOUR WAY BAR**

**STAFF DAY**  
**NO SCHOOL FOR STUDENTS!**

**MONDAYS, WEDS. AND FRIDAYS**  
 4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

**GREEN PRINT INDICATES VEGETARIAN OPTION**  
 ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

**TUESDAYS AND THURSDAYS**  
 4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

The USDA is an equal opportunity provider and employer.





# THS 2015-16 MENU

Students must select a minimum of 3 items to qualify as a reimbursable lunch!  
 Students must take at least one fruit or vegetable.

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 \$2.85**

## SEPTEMBER AND OCTOBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>September 7</b>	<b>LABOR DAY            NO SCHOOL!</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> w/ HOT SOFT PRETZEL ROD or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>BBQ BAKED BEANS</b> or Vegetable Options PICK 2: <b>WATERMELON WEDGE</b> or Fruit Options <b>OR TIGER TACO BAR</b>	<b>BACON CHEESEBURGER QUESIDILLA</b> or GOURMET PIZZA or Alternate Entrée PICK 2: <b>BUTTERED CORN</b> or Vegetable Options PICK 2: <b>BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>OR THE MEATBALL BAR</b> (Beef, Chick or Veg. with choice of BBQ, Buffalo, Marinara, gravy, sweet n' sour or alfredo sauce) w/ Ige Pretzel	<b>Pillsbury Mini Pancakes</b> w/ SYRUP with 2 Slices of Fried Ham or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>TATOR TOTS</b> or Vegetable Options PICK 2: <b>APPLES W/ CAMEL</b> OR Fruit Options <b>OR SUB YOUR WAY BAR</b>	<b>CHICKEN CORNDON BLEU</b> (MOZZARELLA & SLICED HAM) OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: <b>BROCCOLI W/ CHEESE</b> or Vegetable Options PICK 2: <b>Fruit Options</b> <b>OR ASIAN BAR</b> <b>BONUS - CHOCOLATE CHIP COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>September 14</b>	<b>CHICKEN BACON MOZZARELLA SUB</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: <b>OVEN BAKED CURLY FRIES</b> or Vegetable Options PICK 2: <b>STRAWBERRIES</b> or Fruit Options <b>or Burger &amp; Curly Fry Bar</b>	<b>SPICY OR REG POPCORN CHICKEN</b> with Dinner Roll or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>TEX MEX BAKED BEANS</b> or Vegetable Options PICK 2: <b>WATERMELON WEDGE</b> or Fruit Options <b>OR TWINPOTLE' BURRITO BAR</b>	<b>6 MINI CORN DOGS</b> or GOURMET PIZZA or Alternate Entrée PICK 2: <b>PASTA W/ MARINARA GREEN BEANS</b> or Vegetable Options PICK 2: <b>BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>OR CHICKEN PARMESAN SANDWICH W/ PASTA</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, turkey sausage or bacon) or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>2 POTATO TRIANGLES</b> or Vegetable Options PICK 2: <b>APPLES W/ CAMEL</b> OR Fruit Options <b>OR SUB YOUR WAY BAR</b>	<b>BBQ RIB SANDWICH</b> OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: <b>BUTTERED CORN</b> or Vegetable Options PICK 2: <b>RED SEEDLESS GRAPES</b> or Fruit Options <b>OR ASIAN BAR</b> <b>BONUS-CARNIVAL COOKIE</b>
<b>WEEK 2 (Beginning)</b> <b>September 21</b>	<b>SESAME GINGER POPCORN CHICKEN WRAP</b> WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: <b>OVEN BAKED CURLY FRIES</b> or Vegetable Options PICK 2: <b>STRAWBERRIES</b> or Fruit Options <b>or Burger &amp; Curly Fry Bar</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> w/ HOT SOFT PRETZEL ROD or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>BBQ BAKED BEANS</b> or Vegetable Options PICK 2: <b>WATERMELON WEDGE</b> or Fruit Options <b>OR TIGER TACO BAR</b>	<b>CHICKEN OR CHEESE QUESIDILLA</b> or GOURMET PIZZA or Alternate Entrée PICK 2: <b>BUTTERED CORN</b> or Vegetable Options PICK 2: <b>BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>OR PASTA &amp; SALAD BAR W/ GARLIC TEXAS TOAST</b>	<b>4 FRENCH TOAST STIX</b> w/ SYRUP with 2 Slices of Fried Ham or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>TATOR TOTS</b> or Vegetable Options PICK 2: <b>APPLES W/ CAMEL</b> OR Fruit Options <b>OR SUB YOUR WAY BAR</b>	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: <b>WAFFLE FRIES</b> or Vegetable Options PICK 2: <b>RED SEEDLESS GRAPES</b> or Fruit Options <b>OR ASIAN BAR</b> <b>BONUS - CHOCOLATE CHIP COOKIE</b>
<b>WEEK 3 (Beginning)</b> <b>September 28—            October 2</b>	<b>STAFF DAY            NO SCHOOL FOR STUDENTS!</b>	<b>SPICY OR REG POPCORN CHICKEN</b> with Dinner Roll or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>TEX MEX BAKED BEANS</b> or Vegetable Options PICK 2: <b>WATERMELON WEDGE</b> or Fruit Options <b>OR WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> <b>BONUS—GIANT GOLDFISH COOKIE</b>	<b>CORN DOG</b> or GOURMET PIZZA or Alternate Entrée PICK 2: <b>PASTA W/ MARINARA GREEN BEANS</b> or Vegetable Options PICK 2: <b>BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>OR CHICKEN PARMESAN WITH PASTA &amp; GARLIC TEXAS TOAST</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, turkey sausage or bacon) or (2) <b>HOMEMADE CHEESY BREADSTICKS</b> w/ sauce OR ALTERNATE ENTREE PICK 2: <b>2 POTATO TRIANGLES</b> or Vegetable Options PICK 2: <b>APPLES W/ CAMEL</b> OR Fruit Options <b>OR SUB YOUR WAY BAR</b>	<b>BBQ PULLED PORK SANDWICH</b> OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: <b>BUTTERED CORN</b> or Vegetable Options PICK 2: <b>Fruit Options</b> <b>OR ASIAN BAR</b> <b>BONUS-CARNIVAL COOKIE</b>

**MONDAYS, WEDS. AND FRIDAYS**  
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**TUESDAYS AND THURSDAYS**  
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