



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**

OCTOBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 5th	SALISBURY STEAK WITH BREADSTICK OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: MASHED POTATOES / GRVY 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	BACON CHEESEBURGER QUESIDILLA or GOURMET PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR THE MEATBALL BAR (Beef, Chick or Veg. with choice of BBQ, Buffalo, Marinara, gravy, sweet n' sour or alfredo sauce) W/ lge Pretzel	Pillsbury Mini Pancakes 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: Fruit Options OR ASIAN BAR BONUS - CHOCOLATE CHIP COOKIE
WEEK 1 (Beginning) October 12th	CHICKEN BACON MOZZ. SANDWICH Homemade w/ solid muscle chicken 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 TWINPOTLE' BURRITO BAR	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 HOMEMADE 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	NEOEADAY NO SCHOOL!
WEEK 2 (Beginning) October 19th	STAFF DAY NO SCHOOL FOR STUDENTS!	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 QUESIDILLA 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	HOMEMADE CHICKEN CORNDON BLEU (MOZZARELLA & SLICED HAM) OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: BROCCOLI W/ CHEESE or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options OR ASIAN BAR BONUS - CHOCOLATE CHIP COOKIE
WEEK 3 (Beginning) October 26th— October 30th	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 REDUCED FAT 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 HOMEMADE 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	BBQ PULLED PORK SANDWICH OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE

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



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

SEPTEMBER AND OCTOBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) September 7	LABOR DAY NO SCHOOL!	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	BACON CHEESEBURGER QUESIDILLA or GOURMET PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR THE MEATBALL BAR (Beef, Chick or Veg. with choice of BBQ, Buffalo, Marinara, gravy, sweet n' sour or alfredo sauce) w/ lge Pretzel	Pillsbury Mini Pancakes 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	CHICKEN CORNDON BLEU (MOZZARELLA & SLICED HAM) OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: BROCCOLI W/ CHEESE or Vegetable Options PICK 2: Fruit Options OR ASIAN BAR BONUS - CHOCOLATE CHIP COOKIE
WEEK 1 (Beginning) September 14	CHICKEN BACON MOZZARELLA SUB OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: STRAWBERRIES 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 TWINPOTLE' BURRITO BAR	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) September 21	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: STRAWBERRIES 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 QUESIDILLA 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) September 28— October 2	STAFF DAY NO SCHOOL FOR STUDENTS!	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 REDUCED FAT 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	BBQ PULLED PORK SANDWICH OR CALIFORNIA WHITE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE

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