



TWINSBURG WELLNESS & NUTRITION



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



JOIN US SATURDAY, **JANUARY 16TH** FROM 9AM—NOON

IN THE THS COMMONS FOR THE 7TH ANNUAL

TIGER WELLNESS WORKSHOP

- Wellness displays and fitness demos
- Free kid's fitness testing with Prize Board and **Chomps—Brown's Mascot**
- Tiger 2 for 2 for Hunger, our 100% charitable free throw contest. \$2.00 for 2 minutes of free throws with all proceeds going to Paws On Child Hunger.

GREAT PRIZE PACKAGES FOR AGE GROUP CHAMPIONS!

- Free water, fresh fruit and snacks

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



Paws on Child Hunger



**FREE GIVEAWAYS!
and
PRIZE BOARD FOR ALL
STUDENT PARTICIPANTS!**





THS 2015-16 MENU

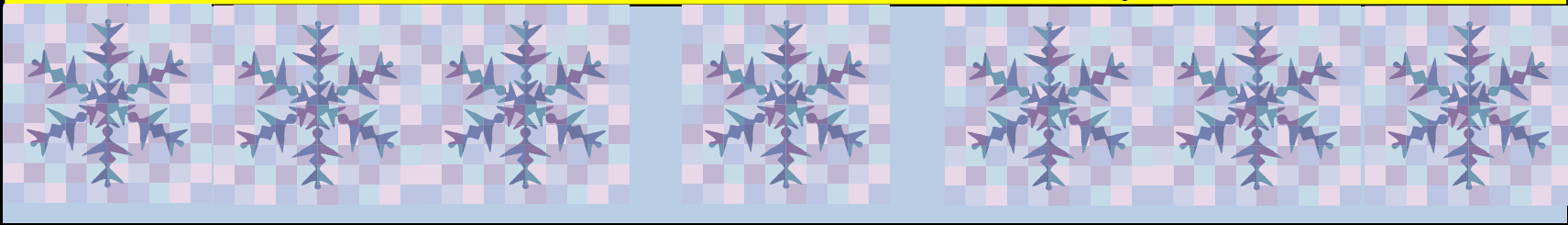
Students must select a minimum of 3 items to qualify as a reimbursable lunch!
 Students must take at least one fruit or vegetable.



December 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) November 30th— December 4th	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	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 THE MEATBALL BAR (Beef, Chick or Veg. with choice of BBQ, Buffalo, Marinara, sweet n' sour or Gen Tso sauce) Hot Soft Pretzel & 2 Potato Tris	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	TWINPACK SLIDER CHEESEBURGERS OR GRILLED CHICKEN SANDWICH 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) December 7th	CHICKEN BACON MOZZ. 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) December 14th	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 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	HOT TURKEY & SWISS OR HAM AND SWISS ON A PRETZEL BUN 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

WINTER BREAK—No School December 21st—January 4th



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**

NOVEMBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) November 2nd	MACARONI & CHEESE OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BROCCOLI W/ CHEESE or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options or Burger & Curly Fry Bar	November 3rd Election Day No School!	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 THE MEATBALL BAR (Beef, Chick or Veg. with choice of BBQ, Buffalo, Marinara, sweet n' sour or Gen Tso sauce) Hot Soft Pretzel & 2 Potato Tris	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	TWINPACK SLIDER CHEESEBURGERS 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) November 9th	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: 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 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	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) November 16th	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	THANKSGIVING FEAST SLICED TURKEY & STUFFING WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE OR ALTERNATE ENTREE PICK 2: VEGETABLES: MASHED POTATOES / CORN / SWEET POTATOES PICK 1: Fruit Options BONUS—APPLE CRISP W/ WHIPPED TOP	HOT TURKEY & SWISS OR HAM AND SWISS ON A PRETZEL BUN 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) November 23th- November 27th	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: 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 WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) BONUS—GIANT GOLDFISH COOKIE	Thanksgiving Holiday—No School November 25th—27th 		

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