



# TWINSBURG WELLNESS & NUTRITION

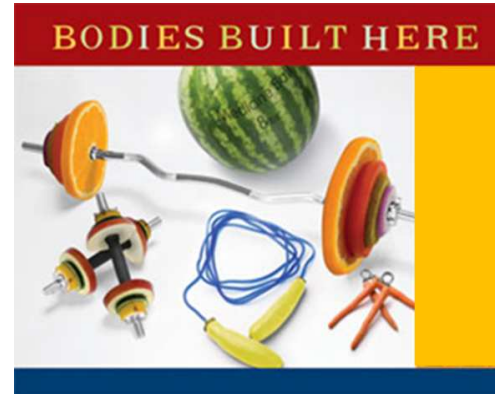


*To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.*



[All Schools EZpay Information](#)

[Twinsburg Allergen Statement and BONUS item information on the web page!](#)



## VEGETARIAN OPTIONS AVAILABLE DAILY

Each day there is a menued **VEGETARIAN ENTRÉE** option available which is indicated by **GREEN PRINT**. Additionally, the following **VEGETARIAN ENTRÉE** options are available every day:

- Homemade Black Bean Burger
- Chili Cheese Melt (Veggie meat)
- Garden Salad



## 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, Celery,

Broccoli / Tomato / Carrot





# THS 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:  
 \$2.85**

## NOVEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WEEK 3 (Beginning)</b> <b>November 3</b>	<b>CHICKEN BACON MOZZ SUB</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 2: STRAWBERRIES</b> or Fruit Options <b>or Burger &amp; Curly Fry Bar</b>	<b>NOVEMBER 4TH IS            ELECTION DAY!</b>  <b>NO SCHOOL!</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée <b>PICK 2: TATOR TOTS</b> or Vegetable Options <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>OR PASTA &amp; SALAD BAR W/ ROLL</b>	<b>CORN DOG</b> or (2) <b>HOMEMADE CHEESY            BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: SPICY SWEET POTATO            FRIES</b> or Vegetable Options <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options <b>OR SUB YOUR WAY BAR</b>	<b>BBQ PULLED PORK SANDWICH</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: BUTTERED CORN</b> or Vegetable Options <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>OR ASIAN BAR</b> <b>BONUS-CARNIVAL COOKIE</b>	
<b>WEEK 4 (Beginning)</b> <b>November 10th</b>	<b>HOT TURKEY CLUB MELT</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 2: STRAWBERRIES</b> or Fruit Options <b>or Burger &amp; Curly Fry Bar</b>	<b>5 REG OR SPICY CHICKEN            TENDERS</b> w/ HOT SOFT PRETZEL ROD or (2) <b>HOMEMADE CHEESY            BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE <b>PICK 2: BBQ OR TEX MEX BAKED            BEANS</b> or Vegetable Options <b>PICK 2: CANTALOUPE</b> or Fruit Options <b>OR TIGRE TACO BAR</b>	<b>Pillsbury Mini Pancakes</b> with 2 Slices of Fried Ham or GOURMET PIZZA or Alternate Entrée <b>PICK 2: TATOR TOTS</b> or Vegetable Options <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>OR CHICKEN PARMESAN W/            BREADSTICK</b>	<b>CHICKEN OR CHEESE QUESIDILLA</b> or (2) <b>HOMEMADE CHEESY            BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE <b>PICK 2: BUTTERED CORN</b> or Vegetable Options <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options <b>OR SUB YOUR WAY BAR</b>	<b>CHICKEN CORNDON BLEU</b> (MOZZARELLA & SLICED HAM) OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: BROCCOLI W/ CHEESE</b> or Vegetable Options <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>OR ASIAN BAR</b> <b>BONUS-SUGAR COOKIE</b>	
<b>WEEK 1 (Beginning)</b> <b>November 17th</b>	<b>CHICKEN BACON MOZZ SUB</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 2: 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 w/ sauce</b> OR ALTERNATE ENTREE <b>PICK 2: CHEESY CRUNCHY REFRIED            BEANS</b> or Vegetable Options <b>PICK 2: CANTALOUPE</b> or Fruit Options <b>OR TIGRE TACO BAR</b>	<b>SLICED TURKEY W/ ROLL AND            STUFFING</b> or GOURMET PIZZA or Alternate Entrée <b>PICK 2: MASHED POTATOES/GRVY</b> or Vegetable Options <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>OR PASTA &amp; SALAD BAR W/ ROLL</b> <b>FROSTED SUGAR COOKIE</b>	<b>6 MINI CORN DOGS</b> or (2) <b>HOMEMADE CHEESY            BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE <b>PICK 2: SPICY SWEET POTATO            FRIES</b> or Vegetable Options <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options <b>OR SUB YOUR WAY BAR</b>	<b>BBQ RIB SANDWICH</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: BUTTERED CORN</b> or Vegetable Options <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>OR ASIAN BAR</b> <b>BONUS-CARNIVAL COOKIE</b>	
<b>WEEK 2 (Beginning)</b> <b>November 24th</b>	<b>2 W.W. POPCORN CHICKEN            WRAPS</b> OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 2: STRAWBERRIES</b> or Fruit Options <b>or Burger &amp; Curly Fry Bar</b>	<b>5 REG OR SPICY CHICKEN            TENDERS</b> w/ HOT SOFT PRETZEL ROD or (2) <b>HOMEMADE CHEESY            BREADSTICKS w/ sauce</b> OR ALTERNATE ENTREE <b>PICK 2: BBQ OR TEX MEX BAKED            BEANS</b> or Vegetable Options <b>PICK 2: CANTALOUPE</b> or Fruit Options <b>OR TIGRE TACO BAR</b>	 <b>THANKSGIVING BREAK! NO SCHOOL!</b>			

**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.**