



TWINSBURG WELLNESS & NUTRITION



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

SATURDAY, APRIL 25TH AT 10AM AT TIGER STADIUM

2015 TigerFit Fun Run



REGISTRATION FORMS
ON THE LUNCH MENU
WEB PAGE. DUE BY
APRIL 16TH

JOIN US AS WE
PARTNER WITH
THE EMERGENCY
ASSISTANCE
CENTER
TO HELP
STOP HUNGER!

PLEASE BRING ANY TYPE OF
CANNED FRUIT TO DONATE ON THE
DAY OF THE RACE.

Beginning in
April!



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 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**

MARCH 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 (Beginning) March 2nd	2 W.W. POPCORN CHICKEN WRAPS 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	5 REG OR SPICY CHICKEN TENDERS w/ HOT SOFT PRETZEL ROD or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ OR TEX MEX BAKED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	4 FRENCH TOAST STIX w/ SYRUP with 2 Slices of Fried Ham or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN SANDWICH W/ PASTA	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BUTTERED CORN or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	NEW FRESH BAKED HOT DOG WRAP W/ CHEESE OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: SEASONED WEDGE FRIES or Vegetable Options PICK 2: Fruit Options OR ASIAN BAR BONUS - CHOCOLATE CHIP COOKIE
WEEK 3 (Beginning) March 9th	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: CHEESY CRUNCHY REFRIED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN ALFREDO OR ALFREDO PASTA W/ GARLIC ROLL	CORN DOG or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SPICY SWEET POTATO FRIES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	BBQ RIB SANDWICH OR PEPPERONI OR CHEESE 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 4 (Beginning) March 16th	SALISBURY STEAK WITH HOT BUTTERED BREADSTICK OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: MASHED POTATOES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options or Burger & Curly Fry Bar	5 REG OR SPICY CHICKEN TENDERS w/ HOT SOFT PRETZEL ROD or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ OR TEX MEX BAKED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	Pillsbury Mini Pancakes w/ SYRUP with 2 Slices of Fried Ham or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN W/ PASTA & BREADSTICK	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BUTTERED CORN or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	CHICKEN CORNDON BLEU (MOZZARELLA & SLICED HAM) OR PEPPERONI OR CHEESE 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) March 23rd	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: CHEESY CRUNCHY REFRIED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR w/ ROLL	6 MINI CORN DOGS or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SPICY SWEET POTATO FRIES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	BBQ PULLED PORK SANDWICH OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE

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.



THS 2014-15 MENU

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Students must take at least one fruit or vegetable.

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\$2.85

MARCH and APRIL 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 (Beginning) March 30th— April 3rd	2 W.W. POPCORN CHICKEN WRAPS 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	5 REG OR SPICY CHICKEN TENDERS w/ HOT SOFT PRETZEL ROD or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ OR TEX MEX BAKED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	4 FRENCH TOAST STIX w/ SYRUP with 2 Slices of Fried Ham or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN SANDWICH W/ PASTA	BACON CHEESEBURGER QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BUTTERED CORN or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	April 3rd SPRING BREAK BEGINS 

SPRING BREAK...APRIL 3RD—10TH

WEEK 3 (Beginning) April 13th	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: CHEESY CRUNCHY REFRIED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN ALFREDO OR ALFREDO PASTA W/ GARLIC ROLL	CORN DOG or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SPICY SWEET POTATO FRIES 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 4 (Beginning) April 20th	SALISBURY STEAK WITH HOT BUTTERED BREADSTICK OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: MASHED POTATOES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options or Burger & Curly Fry Bar	5 REG OR SPICY CHICKEN TENDERS w/ HOT SOFT PRETZEL ROD or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BBQ OR TEX MEX BAKED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	Pillsbury Mini Pancakes w/ SYRUP with 2 Slices of Fried Ham or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR CHICKEN PARMESAN W/ PASTA & BREADSTICK	BACON CHEESEBURGER QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: BUTTERED CORN 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) April 27th— May 1st	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	SPICY OR REG POPCORN CHICKEN with Dinner Roll or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: CHEESY CRUNCHY REFRIED BEANS or Vegetable Options PICK 2: CANTALOUPE or Fruit Options OR TIGER TACO BAR	BREAKFAST BAGEL (egg, cheese, turkey sausage or bacon) or GOURMET PIZZA or Alternate Entrée PICK 2: TATOR TOTS or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR PASTA & SALAD BAR w/ ROLL	6 MINI CORN DOGS or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SPICY SWEET POTATO FRIES 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

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