



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, **APRIL 23RD** FROM 10AM—NOON

AT TIGER STADIUM FOR THE 9TH ANNUAL

TIGER SPIRIT RUN



● **NEW THIS YEAR—TIGER COSTUME/MAKE-UP CONTEST**— WE ENCOURAGE COSTUMES, MAKE-UP, ETC. TO MAKE YOURSELF THE BEST TIGER YOU CAN BE! TOP STUDENT CONTESTANTS WILL BE ENTERED INTO A RAFFLE FOR ONE OF OUR THREE JUMBO 30" WILD REPUBLIC STUFFED TIGERS COMPLIMENTS OF K & M INTERNATIONAL (SEE PHOTO BELOW). WATCH FOR THE TIGER IN YOUR SCHOOL CAFETERIA IN THE MONTHS OF MARCH AND APRIL. WE ENCOURAGE ADULTS TO DRESS UP AS WELL!

● **ALSO NEW THIS YEAR**—TRAVELING TROPHY TO THE SCHOOL (WILCOX, BISSELL, DODGE) WITH THE LARGEST % OF PARTICIPATION AND KID'S PARTICIPATION AWARDS

● 1 MILE OR 2 MILE OPTION

● COME MEET OUR TIGER MASCOT "TWINNY" AND GET A PHOTO WITH HIM.

● FREE FRUIT, WATER AND SNACKS



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



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**

MARCH 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) February 29th— March 4th	BBQ RIB SANDWICH 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: TEX MEX BAKED BEANS or Vegetable Options PICK 2: FRESH CANTALOUPE or Fruit Options OR WALKING TACO (w/ REG OR COOL RANCH REDUCED FAT DORITOS)	CORN DOG OR NEW GOURMET PIZZA BOWLS 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 ENTRÉE PICK 2: 2 POTATO TRIANGLES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	NEW LOADED SEASONED WAFFLE FRIES (w/ real cheese sauce, bacon, sour cream and jalopenos) OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: FRESH STEAMED BROCCOLI or Vegetable Options PICK 2: ORANGES /Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE
WEEK 4 (Beginning) March 7th	MACARONI & CHEESE OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: FRESH STEAMED BROCCOLI 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: FRESH CANTALOUPE or Fruit Options OR TIGER TACO BAR	CHICKEN OR CHEESE QUESIDILLA OR GOURMET PIZZA BOWLS or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR BAKED PENNE W/ MOZZARELLA AND MEATSAUCE / GARLIC BREAD	4 WAFFLE 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	BBQ PULLED PORK SANDWICH OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: ORANGE WEDGES or Fruit Options OR ASIAN BAR BONUS-CHOCOLATE CHIP COOKIE
WEEK 1 (Beginning) March 14th	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: SWEET POTATO CRISP or Vegetable Options PICK 2: FRESH CANTALOUPE or Fruit Options OR TWINPOTLE' BURRITO BAR	6 MINI CORN DOGS OR GOURMET PIZZA BOWLS 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 CROISSANT (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	LOADED SEASONED WAFFLE FRIES (w/ real cheese sauce, bacon, sour cream and jalopenos) OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée CRUNCHY CINNAMON CHICKPEAS PICK 2: FRESH STEAMED BROCCOLI or Vegetable Options PICK 2: ORANGES /Fruit Options BONUS-CARNIVAL COOKIE
WEEK 2 (Beginning) March 21st	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI & SAUSAGE, 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: FRESH CANTALOUPE or Fruit Options OR TIGER TACO BAR	CHICKEN OR CHEESE QUESIDILLA OR GOURMET PIZZA BOWLS or Alternate Entrée PICK 2: BUTTERED CORN or Vegetable Options PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options OR BAKED CHICKEN ALFREDO PENNE W/ MOZZARELLA / GARLIC BREAD	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	<p>SPRING BREAK BEGINS MARCH 25TH NO SCHOOL!</p>

SPRING BREAK—MARCH 25TH—APRIL 1ST - NO SCHOOL!

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
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 \$2.85**

FEBRUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) February 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 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: FRESH CANTALOUPE or Fruit Options OR WALKING TACO (w/ REG OR COOL RANCH REDUCED FAT DORITOS)	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 ENTRÉE PICK 2: 2 POTATO TRIANGLES or Vegetable Options PICK 2: APPLES W/ CARAMEL OR Fruit Options OR SUB YOUR WAY BAR	NEW LOADED SEASONED WAFFLE FRIES (w/ real cheese sauce, bacon, sour cream and jalopenos) OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: FRESH STEAMED BROCCOLI or Vegetable Options PICK 2: GRAPES /Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE
WEEK 4 (Beginning) February 8th	SALISBURY STEAK WITH BREADSTICK OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: MASHED POTATOES / GRVY 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: FRESH CANTALOUPE 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 BAKED PENNE W/ MOZZARELLA AND MEATSAUCE / GARLIC BREAD	4 WAFFLE 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	FEBRUARY 12th NO SCHOOL!
WEEK 1 (Beginning) February 15th	PRESIDENT'S DAY NO SCHOOL!	SPICY OR REG POPCORN CHICKEN with Dinner Roll or (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: SWEET POTATO CRISP or Vegetable Options PICK 2: FRESH CANTALOUPE 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 CROISSANT (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 PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: BUTTERED CORN CRUNCHY CINNAMON CHICKPEAS or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options OR ASIAN BAR BONUS-CARNIVAL COOKIE
WEEK 2 (Beginning) February 22nd— February 26th	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI & SAUSAGE, 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: FRESH CANTALOUPE 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	HOT TURKEY & SWISS OR HAM AND SWISS ON A PRETZEL BUN OR PEPPERONI & SAUSAGE, PEPPERONI OR CHEESE 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

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