



TWINSBURG WELLNESS & NUTRITION

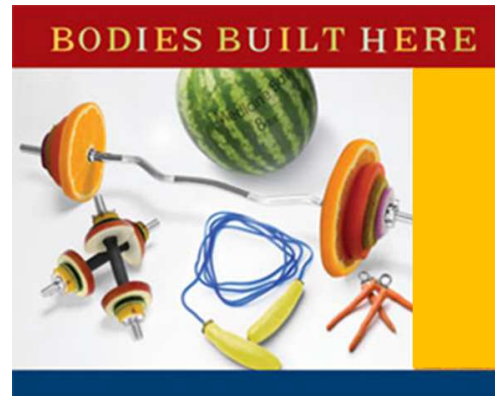


To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.



[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 everyday:

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



Paws on Child Hunger

JOIN US SATURDAY, JANUARY 17th FROM 9AM-NOON IN THE THS COMMONS FOR THE 6th ANNUAL

TIGER WELLNESS WORKSHOP

Wellness displays and fitness demos, free kid's fitness testing with Prize Board, and the 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 Hunger. Paws On Hunger is a joint venture between The Emergency Assistance Center and Twinsburg City Schools to provide a weekend backpack of "kid friendly", nutritious foods for our students in need at Wilcox Primary. The top boy and girl free throw shooter from each school wins a great prize! Don't miss this great morning of fun and fitness!



Stop by the Fuel up to Play 60 Table to meet Chomps from 10-11am





RBC MIDDLE 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

JANUARY 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 (Beginning) January 5th	Last Day of Winter Vacation No School for Students!	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: CANTALOUPE OR Fruit Options	W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES - GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 1: APPLES W/ CARAMEL	CHICKEN BACON MOZZ. SUB ON A WW HOAGIE or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 1: RED SEEDLESS GRAPES OR Fruit Options BONUS—Reduced Sugar Fruit Roll-up
WEEK 3 (Beginning) January 12th	★ NEW FRESH BAKED ★ TURKEY CLUB MELT or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 1: CANTALOUPE OR Fruit Options	5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	BBQ RIB SANDWICH or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND PICK 1: RED SEEDLESS GRAPES OR Fruit Options BONUS—FORTUNE COOKIE
WEEK 4 (Beginning) January 19th	Martin Luther King Jr Day No School!	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: CANTALOUPE OR Fruit Options	MEATBALL SUB W/ MOZZ or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES: SPICY SWEET POTATO FRIES PICK 1: APPLES W/ CARAMEL	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: RED SEEDLESS GRAPES OR Fruit Options
WEEK 1 (Beginning) January 26th	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: CANTALOUPE OR Fruit Options	★ NEW FRESH BAKED ★ HOT DOG POCKET (Turkey) WITH OR WITHOUT CHEESE or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES: SEASONED WEDGE FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES FRESH STEAMED BROCCOLI PICK 1: RED SEEDLESS GRAPES OR Fruit Options

GREEN PRINT INDICATES VEGETARIAN OPTION

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

4 OZ 100% JUICES ARE AVAILABLE AS SIDE DISH ON MONDAYS, WEDS. AND FRIDAYS

The USDA is an equal opportunity provider and employer.