



# TWINSBURG WELLNESS & NUTRITION

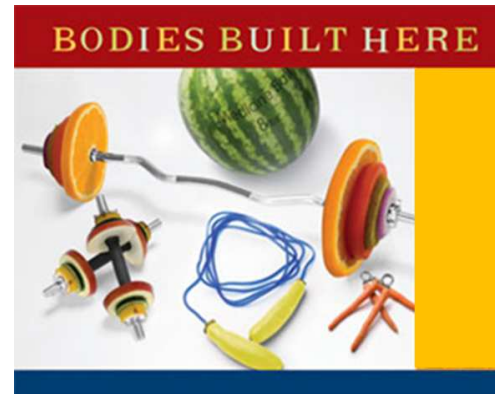


*To encourage and offer opportunities for our students and staff to incorporate exercise and healthy eating as part of their lifestyle.*



[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



<p><b>RED</b> To improve heart &amp; blood health &amp; support joints</p>	<p><b>ORANGE</b> To prevent cancer &amp; promote collagen growth</p>	<p><b>YELLOW</b> Helps your heart, vision digestion &amp; immune system</p>
<p><b>GREEN</b> Powerful detoxers, fight free radicals, improve immune system</p>	<p><b>BLUE/PURPLE</b> Improve mineral absorption, powerful anti-oxidants</p>	<p><b>WHITE</b> Activate our natural killer cells &amp; reduce cancer risk</p>

## 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**

100% JUICE IS ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDNESDAYS AND FRIDAYS





# 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**

## NOVEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>November 3</b>	<b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>November 4th is            ELECTION DAY            NO SCHOOL!</b>	<b>6 WHOLE GRAIN MINI            CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 5 POTATO SMILES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—SUGAR COOKIE</b>	<b>(5) REG OR SPICY            CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS w/ sauce</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>2 POPCORN CHICKEN            WRAPS WITH TOPPINGS</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options
<b>WEEK 4 (Beginning)</b> <b>November 10th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>MEATBALL SUB W/            MOZZ on a Hoagie</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR            POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>SPICY SWEET POTATO FRIES</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE            SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>November 17th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	SLICED TURKEY & STUFFING W/ ROLL or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—FROSTED SUGAR COOKIE</b>	<b>(5) REG OR SPICY            CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY <b>BREADSTICKS w/ SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FRESH STEAMED BROCCOLI <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options
<b>WEEK 2 (Beginning)</b> <b>November 24th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> SEASONED WEDGE FRIES <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY <b>BREADSTICKS w/ sauce</b> OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	 <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.**



# 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**

## DECEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>December 1st</b>	<b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>6 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> 4 POTATO SMILES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—SUGAR COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BBQ RIB SANDWICH</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b> <b>December 8th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>SPICY SWEET POTATO FRIES</b> <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>December 15th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: CANTALOUPE</b> or Fruit Options	<b>GENERAL TSO CHICKEN OVER RICE</b> or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> ORIENTAL VEGETABLES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS - SUGAR COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI <b>PICK 1: RED SEEDLESS GRAPES</b> OR Fruit Options

**Winter Break—December 22nd—January 5th—No School!**

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