



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!





RBC MIDDLE 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

APRIL 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) April 4th	4 FRENCH TOAST STIX W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE	6 REG OR SPICY CHICKEN NUGGETS 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: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: ORANGE WEDGES or Fruit Options FORTUNE COOKIE
WEEK 4 (Beginning) April 11th	CHICKEN BACON MOZZ. SUB or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES 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 TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	PASTA BAR W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST 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: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: ORANGE WEDGES OR Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) April 18th	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 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options	5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 5 POTATO SMILES CRUNCHY CINNAMON SUGAR CHICKPEAS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE	6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES / GRAVY 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 STEAMED BROCCOLI W/ CHEESE PICK 1: ORANGE WEDGES or Fruit Options
WEEK 2 (Beginning) April 25th	NEW BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	CHICKEN PARMESAN SANDWICH or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS 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: SWEET POTATO CRISP PICK 1: APPLES W/ CARAMEL OR Fruit Options	ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: ORANGE WEDGES or Fruit Options BONUS—Reduced Sugar Fruit Roll-up

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

The USDA is an equal opportunity provider and employer.



RBC MIDDLE 2015-16 MENU

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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	4 FRENCH TOAST STIX w/ SYRUP 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 WALKING TACO (w/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC TOAST or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: GREEN BEANS PICK 1: BANANA w/ CHOC SYRUP OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE	5 REG OR SPICY CHICKEN NUGGETS 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	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: ORANGE WEDGES or Fruit Options FORTUNE COOKIE
WEEK 4 (Beginning) March 7th	CHICKEN BACON MOZZ. SUB or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES 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 TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	6 BBQ MEATBALLS w/ LGE HOT SOFT PRETZEL or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS / 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: STEAMED BROCCOLI w/ CHEESE PICK 1: APPLES w/ CARAMEL OR Fruit Options	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: ORANGE WEDGES OR Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) March 14th	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 CHICKEN OR CHEESE QUESIDILLA w/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options	5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 5 POTATO SMILES CRUNCHY CINNAMON SUGAR CHICKPEAS PICK 1: BANANA w/ CHOC SYRUP OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE	5 REG OR SPICY CHICKEN NUGGETS w/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES / GRAVY 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 STEAMED BROCCOLI w/ CHEESE PICK 1: ORANGE WEDGES or Fruit Options
WEEK 2 (Beginning) March 21st	BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	HOT TURKEY & SWISS OR HAM & SWISS ON A CROISSANT OR PRETZEL BUN or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES— GREEN BEANS TATOR TOTS PICK 1: BANANA w/ CHOC SYRUP OR Fruit BONUS – CHOCOLATE CHIP COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SWEET POTATO CRISP PICK 1: APPLES w/ CARAMEL OR Fruit Options	SPRING BREAK BEGINS MARCH 25TH NO SCHOOL!

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

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