



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, **JANUARY 16TH** FROM 9AM—NOON

IN THE THS COMMONS FOR THE 7TH ANNUAL

TIGER WELLNESS WORKSHOP

- Wellness displays and fitness demos
- Free kid's fitness testing with Prize Board and **Chomps—Brown's Mascot**
- 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 Child Hunger.

GREAT PRIZE PACKAGES FOR AGE GROUP CHAMPIONS!

- Free water, fresh fruit and snacks

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



Paws on Child Hunger



FREE GIVEAWAYS!
and
**PRIZE BOARD FOR ALL
STUDENT PARTICIPANTS!**





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

JANUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) January 4th	January 4th STAFF WORK DAY No School for Students	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	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: RED SEEDLESS GRAPES or Fruit Options
WEEK 4 (Beginning) January 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	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	January 15th NO SCHOOL!
WEEK 1 (Beginning) January 18th	Martin Luther King Jr Day! NO SCHOOL!	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: RED SEEDLESS GRAPES or Fruit Options
WEEK 2 (Beginning) January 25th— January 29th	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA 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 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: STEAMED BROCCOLI W/ CHEESE 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: RED SEEDLESS GRAPES or Fruit Options

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

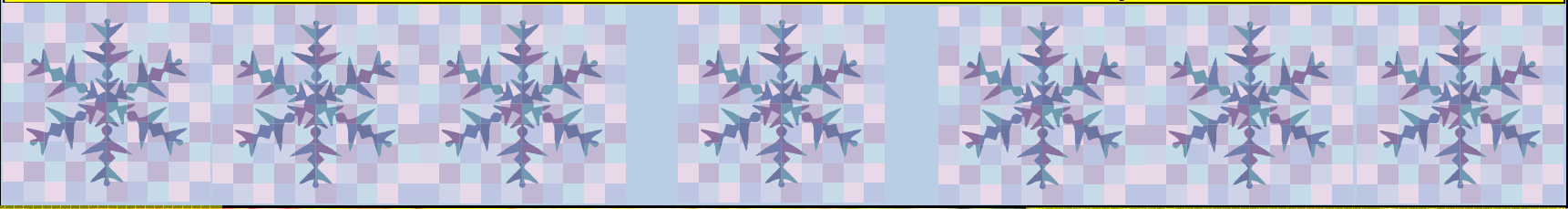
Students must select a minimum of 3 items to qualify as a reimbursable lunch!
Students must take at least one fruit or vegetable.

LUNCH
PRICE:
\$2.85

DECEMBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) November 30th— December 4th	SALISBURY STEAK WITH BREADSTICK OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: MASHED POTATOES / GRVY or Vegetable Options PICK 2: ORANGE WEDGES or Fruit Options BONUS—MINI RICE KRISPIE TREAT	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE 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 ENTREE 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: RED SEEDLESS GRAPES OR Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) December 7th	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 ORANGES OR Fruit Options	TACO TUESDAYS 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options	5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTREE 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	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: RED SEEDLESS GRAPES or Fruit Options
WEEK 2 (Beginning) December 14th	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR ORANGES OR Fruit Options	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	HOT TURKEY & SWISS OR HAM & SWISS ON A PRETZEL BUN or GOURMET PIZZA OR ALTERNATE ENTREE 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: STEAMED BROCCOLI W/ CHEESE 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: RED SEEDLESS GRAPES or Fruit Options

WINTER BREAK—No School December 21st—January 4th



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