



TWINSBURG WELLNESS & NUTRITION



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



NEW LUNCH PRICES FOR 2014-15 SCHOOL YEAR

WILCOX	\$2.60
BISSELL	\$2.60
DODGE	\$2.75 (no change)
R.B.C.	\$2.85
T.H.S.	\$2.85

BREAKFAST ALL SCHOOLS \$1.50 (no change)

BODIES BUILT HERE



TWINSBURG CITY SCHOOLS
BRONZE AWARD WINNER
2012-2016

Twinsburg Allergen Statement and BONUS item information on the web page!



[All Schools EZpay Information](#)

Scroll down for new Cycle Menu

NEW IN 2014-15—HOMEMADE ROUND PIZZERIA STYLE PIZZA BY THE SLICE



AVAILABLE MONDAYS, WEDNESDAYS AND FRIDAYS

Our Pizzas are made with low fat cheese, whole grain crusts, and freshly made sauce with fresh oregano, basil and garlic!

Eat a Rainbow Everyday!

DAILY PICK 2 VEGGIES:

- POTATO, PASTA OR HOT VEG
- SMALL ROMAINE SALADS
- BABY CARROTS W/ DIP
- CELERY W/ DIP
- CUCUMBERS W/ DIP
- BROCOLLI, TOMATO, CARROT

DAILY PICK ONE FRUIT:

- Mondays** – Strawberries
- Tuesdays** – Watermelon
- Wednesdays** – Bananas w/ Choc Syrup
- Thursdays** – Apples w/ Caramel
- Fridays** – Fresh Grapes
- TWO TYPES OF CAN , ORANGE WEDGES AND BANANAS OFFERED DAILY

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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AUGUST & SEPTEMBER 2014

<p>WEEK 4 (Beginning) August 18</p> <p>First Day of School is Wednesday, August 20th</p>			<p>CHICKEN PARMESAN SANDWICH or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 1: Fruit Options</p> <p>BONUS—CARNIVAL COOKIE</p>	<p>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: Fruit Options FRESH APPLE SLICES w/ DIP</p>	<p>GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options</p> <p>BONUS—FORTUNE COOKIE</p>
<p>WEEK 1 (Beginning) August 25</p>	<p>PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: Fruit Options</p>	<p>TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN)</p>	<p>TURKEY & GRAVY W/ ROLL or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 1: Fruit Options</p> <p>BONUS – MINI ICE CREAM SANDWICH</p>	<p>(8) CHICKEN FRIES W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: Fruit Options</p>	<p>STAFF WORK DAY! NO SCHOOL!</p>
<p>WEEK 2 (Beginning) September 1</p>	<p>LABOR DAY NO SCHOOL!</p>	<p>TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: Fruit Options</p>	<p>W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options</p> <p>BONUS—CARNIVAL COOKIE</p>	<p>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: Fruit Options</p>	<p>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: Fruit Options</p> <p>BONUS—Reduced Sugar Fruit Roll-up</p>

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

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SEPTEMBER AND OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 (Beginning) September 8	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: Fruit Options	TACO TUESDAYS 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options	6 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 1: Fruit Options BONUS—SUGAR COOKIE	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: Fruit Options	2 POPCORN CHICKEN WRAPS WITH TOPPINGS or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND PICK 1: Fruit Options
WEEK 2 (Beginning) September 15	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: 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 (CHEESY CRUNCHY REFRIED BEANS) PICK 1: Fruit Options	MEATBALL SUB W/ MOZZ on a Hoagie or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 1: 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: 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: Fruit Options BONUS—FORTUNE COOKIE
WEEK 3 (Beginning) September 22	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: Fruit Options	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN)	TURKEY & GRAVY W/ ROLL or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 1: Fruit Options BONUS – MINT ICE CREAM SANDWICH	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: Fruit Options	BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI PICK 1: Fruit Options
WEEK 4 (Beginning) September 29—October 3	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: 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 (CHEESY CRUNCHY REFRIED BEANS) PICK 1: Fruit Options	W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 1: 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: Fruit Options	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: Fruit Options BONUS—Reduced Sugar Fruit Roll-up

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