



TWINSBURG WELLNESS & NUTRITION



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

Whole Grain and made fresh daily!



and Twinsburg Food Service brings you...



Homemade Pizza and Cheesy Breadsticks



Made with Freshly Shredded Low Fat Mozzarella and Naturally Low Sodium Sauce, made FRESH each week with OREGANO and BASIL grown in our school herb garden.

Pizza and Cheesy Breadsticks—a healthy option for your students!

Start your day the healthy way at Twinsburg!



and Twinsburg Food Service brings you...



Tiger Breakfast Rewards

Tiger Breakfast - a Great Start for your Brain and your Body!

Now even better with Tiger Breakfast Rewards

The more times you eat School Breakfast the more chances you get to win COOL monthly prizes!

Don't miss out on great nutrition and great fun!



RBC MIDDLE 2015-16 MENU

LUNCH
PRICE:
\$2.85

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

Monday

Tuesday

Wednesday

Thursday

Friday

AUGUST & SEPTEMBER 2015

WEEK 1 (Beginning)

August 17

First Day of School is
Wednesday, August 19th



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
FRESH STEAMED BROCCOLI
PICK 1: RED SEEDLESS GRAPES
or Fruit Options

WEEK 2 (Beginning)

August 24

BREAKFAST BAGEL
(egg, cheese, bacon or TURKEY sausage)
or PEPPERONI OR CHEESE PIZZA
PICK 2: VEGETABLES
SEASONED WEDGE FRIES
PICK 1: Strawberries / Blueberries
w/ Topping 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
(CHEESY CRUNCHY REFRIED BEANS)
PICK 1: WATERMELON WEDGE
or Fruit Options

CHICKEN PARMESAN SANDWICH
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:
MASHED POTATOES
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

WEEK 3 (Beginning)

August 31-
September 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 / Blueberries
w/ Topping 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: WATERMELON WEDGE
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

(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

STAFF DAY
NO SCHOOL FOR STUDENTS!

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



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

SEPTEMBER AND OCTOBER 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) September 7	LABOR DAY NO SCHOOL!	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE or Fruit Options	6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL 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: Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) September 14	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 / Blueberries w/ Topping 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: WATERMELON WEDGE 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) September 21	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: Strawberries / Blueberries w/ Topping 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 (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE or Fruit Options	CHICKEN PARMESAN SANDWICH or GOURMET PIZZA OR ALTERNATE ENTREE 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: MASHED POTATOES 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
WEEK 3 (Beginning) September 28— October 2	STAFF 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: WATERMELON WEDGE 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	(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	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 FORTUNE COOKIE

MONDAYS, WEDS. AND FRIDAYS

4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

GREEN PRINT INDICATES VEGETARIAN OPTION

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TUESDAYS AND THURSDAYS

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

The USDA is an equal opportunity provider and employer.