



# TWINSBURG WELLNESS & NUTRITION



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



## BAUMAN ORCHARDS, INC.

Fresh local apples grown in Rittman, Ohio



For the 2017-18 School Year, Twinsburg City Schools will be buying only the best locally grown apples for our students! Each month we will feature a new fresh, local apple from Bauman Orchards. We hope your students enjoy the fresh difference!

<b>Aug &amp; Sept.</b>	- Paula Red Apples	<b>February</b>	- Empire Apples
<b>October</b>	- Yellow Delicious	<b>March</b>	- Melrose Apples
<b>November</b>	- Pink Lady Apples	<b>April</b>	- Red Delicious
<b>December</b>	- Macintosh Apples	<b>May</b>	- Fuji Apples
<b>January</b>	- Gold Rush Apple		

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**Tiger Entree Salads**

- Buffalo Chicken
- Fruit Salad
- Garden Veggie
- Grilled Chicken
- Italian
- Popcorn Chicken

**\$2.00 or available as an entree with your lunch!**

### HEALTHY OFFERINGS BACK IN 2017-18

#### STRAWBERRY AND MIXED BERRY SMOOTHIE

MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES WITH YOPLAIT VANILLA YOGURT



AVAILABLE DAILY FOR \$2.00 EACH OR WITH A HOT SOFT PRETZEL AND SIDE DISHES AS PART OF A \$3.00 LUNCH!

AS ALWAYS...WE USE OUR HOMEMADE, FRESH, LOW SODIUM PIZZA SAUCE AND GARLIC PASTE ON OUR WHOLE GRAIN PIZZAS AND CHEESY BREADS

#### Whole Grain Mini Corn Dogs (Chicken) and Whole Grain Mini Pancakes





# RBC & DODGE 2017-18 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:  
**\$3.00**

## NOVEMBER & DECEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>November 27th</b> <b>- December 1st</b>	<b>SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options <b>Bonus—Mini Rice Krispie Treat</b>	<b>TACO TUESDAYS</b> 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE PICK 2: Vegetables BUTTERED CORN PICK 1: FRESH CANTALOUPE or Fruit Options	<b>CORN DOG</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WAFFLE FRIES STEAMED BROCCOLI W/ CHEESE PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR <b>POPCORN CHICKEN</b> W/ W.W. MINI HOT SOFT PRETZEL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: BBQ BAKED BEANS PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>December 4th</b>	<b>3 PANCAKES W/ SYRUP</b> with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> OR ALTERNATE ENTREE PICK 2: VEGs—TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>5 WHOLE GRAIN MINI CORN DOGS</b> OR ALTERNATE ENTREE PICK 2: VEGETABLES WAFFLE FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES W/GRAVY PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> 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
<b>WEEK 2 (Beginning)</b> <b>December 11th</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options <b>Bonus—Mini Rice Krispie Treat</b>	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> OR ALTERNATE ENTREE PICK 2: Vegetables BUTTERED CORN PICK 1: FRESH CANTALOUPE or Fruit Options	<b>MEATBALL SUB SANDWICH</b> ON A FRESH BAKED SUB BUN OR ALTERNATE ENTREE PICK 2: VEGETABLES <b>CRISPY BAKED FRIES</b> PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR <b>POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: BBQ BAKED BEANS PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES STEAMED BROCCOLI W/ CHEESE PICK 1: RED SEEDLESS GRAPES or Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 3 (Beginning)</b> <b>December 18th</b>	<b>3 PANCAKES W/ SYRUP</b> with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> OR ALTERNATE ENTREE PICK 2: VEGs (CHEESY CRUNCHY REFRIED BEANS) PICK 1: FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>GENERAL TSO CHICKEN</b> (Popcorn or fajita) over Rice Served with Chopsticks OR ALTERNATE ENTREE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options <b>FORTUNE COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> WITH W.W.DINNER ROLL OR ALTERNATE ENTREE PICK 2: VEGETABLES MASHED POTATOES W/GRAVY PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>LAST DAY BEFORE WINTER BREAK!</b> <b>BBQ RIB SANDWICH</b> OR ALTERNATE ENTREE PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: FRESH CANTALOUPE or Fruit Options BONUS - ICED HOLIDAY COOKIE

**MONDAYS, WEDS. AND FRIDAYS**  
 4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH  
**TUESDAYS AND THURSDAYS**  
 4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

**DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA EVERY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAMBURGERS, CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS**






# RBC & DODGE 2017-18 MENU

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Students must take at least one fruit or vegetable.

LUNCH  
PRICE:  
**\$3.00**

## JANUARY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 5 (Beginning)</b> <b>January 8th</b>	<b>LAST DAY OF WINTER BREAK!</b>  <b>NO SCHOOL FOR STUDENTS!</b> 	<b>TACO TUESDAYS</b> WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE <b>PICK 2:</b> VEGs—TEX MEX BAKED BEANS <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>5 WHOLE GRAIN MINI CORN DOGS</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES WAFFLE FRIES <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES MASHED POTATOES W/GRAVY <b>PICK 1:</b> APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE <b>PICK 1:</b> RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 6 (Beginning)</b> <b>January 15th</b>	<b>Martin Luther King Holiday!</b>  <b>No School!</b>	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR OR ALTERNATE ENTREE <b>PICK 2:</b> Vegetables BUTTERED CORN <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES— GREEN BEANS <b>PASTA W/ MARINARA</b> <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES: BBQ BAKED BEANS <b>PICK 1:</b> APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2:</b> WAFFLE FRIES STEAMED BROCCOLI W/ CHEESE <b>PICK 1:</b> RED SEEDLESS GRAPES or Fruit Options  <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 7 (Beginning)</b> <b>January 22nd</b>	<b>3 PANCAKES W/ SYRUP</b> with 2 SAUSAGE LINKS OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES 2 POTATO TRIANGLES <b>PICK 1:</b> STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE <b>PICK 2:</b> VEGs—BUTTERED CORN <b>PICK 1:</b> WATERMELON WEDGE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES SEASONED WAFFLE FRIES STEAMED BROCCOLI W/ CHEESE <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES (BBQ BAKED BEANS) <b>PICK 1:</b> APPLES W/ CARAMEL OR Fruit Options	<b>BBQ RIB SANDWICH</b> OR ALTERNATE ENTREE <b>PICK 2:</b> OVEN BAKED CURLY FRIES or Vegetable Options <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>
<b>WEEK 8 (Beginning)</b> <b>January 29th—February 2nd</b>	<b>SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES OVEN BAKED CURLY FRIES <b>PICK 1:</b> STRAWBERRIES / TOPPING OR Fruit Options <b>Bonus—Mini Rice Krispie Treat</b>	<b>TACO TUESDAYS</b> 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE <b>PICK 2:</b> Vegetables BUTTERED CORN <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options	<b>CHEESY MACARONI &amp; CHEESE</b> <b>W/ Real Bacon Bits &amp; GARLIC TOAST</b> or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGS: FRESH STEAMED BROCCOLI <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>FORTUNE COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> W/ W.W. MINI HOT SOFT PRETZEL or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES: BBQ BAKED BEANS <b>PICK 1:</b> APPLES W/ CARAMEL OR Fruit Options	<b>6" TURKEY &amp; CHEESE ON FRESH BAKED HERB &amp; CHEDDAR SUB BUN</b> OR FIESTADA PIZZA or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES OVEN BAKED CURLY FRIES <b>PICK 1:</b> Fruit Options <b>FORTUNE COOKIE</b>

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The USDA is an equal opportunity provider and employer.