



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 IN 2016-17



Tiger Entree Salads

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



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

Includes: 2 oz Hot Soft Pretzel, Juice and Milk for \$3.00



WHOLE GRAIN HOT SOFT PRETZEL AVAILABLE AS PART OF ENTRÉE SALAD LUNCH OR AS AN EXTRA FOR .75 CENTS!

WHOLE GRAIN 1.5 OZ FRESHLY BAKED COOKIES (M&M, CHOLOLATE CHIP, DOUBLE CHOCOLATE CHIP, AND CINNAMON SUGAR) AVAILABLE DAILY FOR .75 CENTS EACH!

FRESH HEALTHY POPPED POPCORN AVAILABLE AT RBC DAILY FOR .75 CENTS





RBC & DODGE 2016-17 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

OCTOBER AND NOVEMBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 4 (Beginning)</p> <p>October 31— November 4th</p>	<p>HALLOWEEN 2 CHEESEBURGER SLIDERS or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options MINI RICE KRISPIE TREAT</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 (CHEESY CRUNCHY REFRIED BEANS) PICK 1: ORANGE WEDGES or Fruit Options</p>	<p>6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options 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: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p>GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options FORTUNE COOKIE</p>
<p>WEEK 1 (Beginning)</p> <p>November 7</p>	<p>PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options</p>	<p>ELECTION DAY! NO SCHOOL!</p>	<p>5 WHOLE GRAIN MINI CORN DOGS or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE</p>	<p>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</p>	<p>BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES SUGAR SNAP PEA PODS PICK 1: RED SEEDLESS GRAPES or Fruit Options</p>
<p>WEEK 2 (Beginning)</p> <p>November 14</p>	<p>BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options</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 (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options</p>	<p>THANKSGIVING FEAST TURKEY, STUFFING & ROLL or PEPPERONI or CHEESE PIZZA OR ALTERNATE ENTREE PICK 1 or 2: MASHED POTATOES/GRVY BUTTERED CORN /SWEET POTATOES PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - CHOCOLATE SUNBUTTER BAR—PEANUT & TREENUT FREE</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: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options</p>
<p>WEEK 3 (Beginning)</p> <p>November 21</p>	<p>4 FRENCH TOAST STIX W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options</p>	<p>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: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM</p>	<p>THANKSGIVING BREAK! NO SCHOOL—NOVEMBER 23RD, 24TH AND 25TH *CHOCOLATE SUNBUTTER BAR SERVED ON NOVEMBER 16TH IS COMPLETELY PEANUT AND TREENUT FREE AND IS MADE WITH SUNBUTTER, POWDERED SUGAR, BROWN SUGAR, VANILLA, COCOA POWDER, OIL AND MILK</p>		

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

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OCTOBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 4 (Beginning)</p> <p>October 3rd</p>	<p>Curriculum Day</p> <p>NO SCHOOL!</p>	<p>TACO TUESDAYS</p> <p>2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGs (TEX MEX BAKED BEANS)</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p>	<p>PASTA BAR W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES GREEN BEANS</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p style="background-color: yellow;">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</p> <p>PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE</p> <p>PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p>GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES OVEN BAKED CURLY FRIES</p> <p>PICK 1: Fruit Options</p> <p style="background-color: yellow;">FORTUNE COOKIE</p>
<p>WEEK 1 (Beginning)</p> <p>October 10th</p>	<p>PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES TATOR TOTS</p> <p>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options</p>	<p>TACO TUESDAYS</p> <p>2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (BUTTERED CORN)</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p>	<p>5 WHOLE GRAIN MINI CORN DOGS or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES 5 POTATO SMILES</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p style="background-color: yellow;">BONUS - CHOCOLATE CHIP COOKIE</p>	<p>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</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS)</p> <p>PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p>NEOEA DAY</p> <p>No School!</p>
<p>WEEK 2 (Beginning)</p> <p>October 17th</p>	<p>BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA</p> <p>PICK 2: VEGETABLES 2 POTATO TRIANGLES</p> <p>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options</p>	<p>TACO TUESDAYS</p> <p>TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGs (TEX MEX BAKED BEANS)</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p>	<p>CHICKEN PARMESAN SANDWICH or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p style="background-color: yellow;">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</p> <p>PICK 2: VEGETABLES: MASHED POTATOES</p> <p>PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE</p> <p>PICK 2: WAFFLE FRIES or Vegetable Options</p> <p>PICK 1: RED SEEDLESS GRAPES or Fruit Options</p>
<p>WEEK 3 (Beginning)</p> <p>October 24th</p>	<p>4 FRENCH TOAST STIX W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES TATOR TOTS</p> <p>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options</p>	<p>TACO TUESDAYS</p> <p>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce</p> <p>PICK 2: Vegetables (BUTTERED CORN)</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p> <p style="background-color: yellow;">BONUS—GIANT GOLDFISH GRAHAM</p>	<p>CHICKEN BACON MOZZ. SUB or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES: SEASONED WEDGE FRIES</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p style="background-color: yellow;">BONUS - CHOCOLATE CHIP</p>	<p>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</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS)</p> <p>PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p>BBQ RIB SANDWICH or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options</p> <p>PICK 1: RED SEEDLESS GRAPES or Fruit Options</p> <p style="background-color: yellow;">FORTUNE COOKIE</p>

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