TWINSBURG WELLNESS – NOVEMBER 2013 – RBC MENU LUNCH PRICE: \$2 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY All lunches include a FRUIT & VEG OPTIONS: FRUIT & VEG OPTIONS: Breakfast now **Tuesday and Thursdays** Monday, Wednesday, Friday Fat-free Choc, Skim or 1% Milk (4) FRENCH TOAST STIX available daily. Milk offered for .50 cents PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, PICK 2 VEGETABLES: Menued Hot Veg. Potato or W/ SYRUP w/ 2 Slices of Fried Ham Small Romaine Salads, Baby Carrots, LF Cole Slaw Pasta, Sliced Cucumbers w/ ranch, Small Romaine Prepay for 5 lunches for 13.75 or W. W. PEPPERONI Click here for Salads, Baby Carrots or 10 lunches for \$27.50. R educed PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, OR CHEESE PIZZA PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh OR ALTERNATE ENTREE price pre-paid lunches for \$2.00. Fresh Oranges, Flavored Applesauce, Canned Pineapple & **Breakfast Info** Watermelon, Strawb, Fresh Oranges, Canned Pineapple PICK 2: VEGETABLES Canned Mandarin Oranges. Asst'd Can Fruit. Fresh Breakfast available daily for \$1.50 & Canned Mandarin Oranges, Asst'd Canned Fruit ((2) POTATO TRIANGLES) Cantaloupe full price, .30 reduced-price, and and Menu PICK 1: Fruit Options FREE for all approved free students. 100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS. ITZA ITALIA 8 GENERAL TSO'S CHICKEN Our menus are **CHICKEN PARMESAN** W/ W.G. RICE **BACON CHEESE BURGER** POPCORN CHICKEN or W. W. PEPPERONI **SANDWICH** planned by WITH W.W.MINI HOT SOFT ON A W.W. BUN **ELECTION DAY** OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY **PRETZEL** or W. W.GOURMET PIZZA Registered or WHITE WHOLE WHEAT PEPPERONI OR OR ALTERNATE ENTREE **BREADSTICKS w/ sauce** OR ALTERNATE ENTREE CHEESE PIZZA PICK 2: VEGETABLES OR ALTERNATE ENTREE **Dietitian Mark PICK 2: VEGETABLES** Or Alternate Entrée (ORIENTAL VEGETABLES) PICK 2: VEGETABLES NO SCHOOL! (OVEN BAKED CURLY FRIES) PICK 2: Vegetables PICK 1: Fruit Options Bindus and are W.W. PASTA W/ MARINARA SAUCE (SUGAR SNAP PEA PODS) (BBQ BAKED BEANS) **BONUS HOMEMADE CHOCOLATE** GREEN BEANS certified by the PICK 1: Fruit Options PICK 1: Fruit Options RICE KRISPIE TREAT PICK 1: Fruit Options USDA to meet or 12 TACO TUESDAYS 13 ITZA ITALIA 15 exceed the highest 11 W.W. PENNE PASTA WITH (8) W.G. CHICKEN FRIES TACO SALAD BAR OR standards **BBQ RIB SANDWICH ON MACARONI & CHEESE (W.W.)** 3 MEATBALLS, ALFREDO OR WITH W.W.DINNER ROLL or W.W. (2) HOMEMADE CHEESY **NACHO SUPREME BAR** A W.W. HOAGIE **MARINARA** required. or W. W. PEPPERONI OR CHEESE PIZZA BREADSTICKS / sce or W.W. PEPPERONI OR CHEESE PIZZA WITH GARLIC BREAD ROLL or (2) (W.W.) HOMEMADE CHEESY or Alternate Entrée or W.W. (2) HOMEMADE CHEESY **PICK 2: VEGETABLES** BREADSTICKS w/ sauce PICK 2: VEGETABLES PICK 2: VEGETABLES BREADSTICKS w/ sauce FRESH STEAMED BROCCOLI OR ALTERNATE ENTREE **HealthierUS** (OVEN BAKED CURLY FRIES) MASHED POTATOES W/GRVY OR ALTERNATE ENTREE PICK 2: Vegetables PICK 1: Fruit Options (BUTTERED CORN) PICK 2: VEGETABLES PICK 1: Fruit Options (CRISPY CINNAMON CHICKPEA SNACK) **School** PICK 1: Fruit Options (GREEN BEANS) **BONUS - CHOCOLATE CHIP GRIPZ** PICK 1: Fruit Options PICK 1 Fruit Ontions 18 19 TACO TUESDAYS 20 THANKSGIVING FEAST 21 POPCORN CHICKEN PRETZEL BUN GRILLED (9) MINI PANCAKES W/ SYRUP Students must select a 2 Whole Grain CHICKEN OR SLICED TURKEY W/ STUFFING CHEESE SANDWICH WITH W.W.MINI HOT SOFT CHEESE QUESIDILLA W/ TOPPINGS AND A W.W. ROLL with 2 Slices of Fried Ham minimum of 3 items to **PRETZEL** or W.W. (2) HOMEMADE CHEESY or W.W.W PEPPERONI OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY or W.W. PEPPERONI OR CHEESE PIZZA qualify as a reimbursable or WHITE WHOLE WHEAT PEPPERONI OR CHEESE BREADSTICKS w/ sauce OR ALTERNATE ENTREE BRÉADSTICKS / sce **PICK 2: VEGETABLES** lunch! Students must take OR ALTERNATE ENTREE **PICK 2: VEGETABLES** PICK 2: Vegetables MASHED POTATOES Or Alternate Entrée **PICK 2: VEGETABLES** ((2) POTATO TRIANGLES) (BUTTERED CORN) at least one fruit or SWEET POTATOES PICK 2: Vegetables FRESH STEAMED BROCCOLI W/ PICK 1: Fruit Options PICK 1: Fruit Options PICK 1: Fruit Options vegetable. (BBQ BAKED BEANS) CHEESE SAUCE **BONUS - APPLE CRISP** PICK 1: Fruit Options PICK 1: Fruit Options 29 27 28 25 26 TACO TUESDAYS (8) W.G. CHICKEN FRIES TACO SALAD BAR OR WITH W.W.DINNER ROLL **NACHO SUPREME BAR** NO SCHOOL! THANKSGIVING BREAK or W. W. PEPPERONI OR CHEESE PIZZA or (2) (W.W.) HOMEMADE CHEESY or Alternate Entrée BREADSTICKS w/ sauce PICK 2: VEGETABLES OR ALTERNATE ENTREE (OVEN BAKED CURLY FRIES) PICK 2: Vegetables PICK 1: Fruit Options (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options

TWINSBURG WELLNESS - OCTOBER 2013 - RBC MENU

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.75
Breakfast now available daily. Click here for Breakfast Info and Menu	1 WORLD VEGETARIAN DAY NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE BLACK BEAN BURGER or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BLACK BEANS AND RICE) PICK 1: Fruit Ontions	2 BACON CHEESE BURGER or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options	3 ITZA ITALIA CHICKEN PARMESAN SANDWICH OF W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Ontions	4 (4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options	All lunches include a Fat-free Choc, Skim or 1% Milk Milk offered for .50 cents Prepay for 5 lunches for 13.75 or 10 lunches for \$27.50. R educed- price pre-paid lunches for \$2.00. Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.
POPCORN CHICKEN WITH W.W.MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options	10 TACO TUESDAYS 2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESYBREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options	11 TURKEY & GRAVY W/ ROLL or W. W. GOURMET PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY FRESH STEAMED BROCCOLI PICK 1: Fruit Options BONUS - GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES	12 ITZA ITALIA W.W. PENNE PASTA WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (GREEN BEANS) PICK 1: Fruit Options	GENERAL TSO'S CHICKEN W/W.G. RICE W/ & FORTUNE COOKIE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (ORIENTAL VEGETABLES) PICK 1: Fruit Options	ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS
14 (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options	15 TACO TUESDAYS NACHOS W/ BEEF & REAL NACHO CHEESE SAUCE or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CRISPY CINNAMON CHICKPEA SNACK) PICK 1: Fruit Options	16 6 WHOLE GRAIN MINI CORN DOGS or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (5) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE)	17 ITZA ITALIA CHICKEN PARMESAN with WW Garlic Breadstick or W.W. (2) HOMEMADE CHEESY BREADSTICKS W/ SAUCE OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options	NEOEA DAY NO SCHOOL!	Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required. HealthierUS School
POPCORN CHICKEN WITH W.W.MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options	22 TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options	23 CHICKEN BACON MOZZ SUB ON WW HOAGIE or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES CAJUN SEASONED WEDGE FRIES FRESH STEAMED BROCCOLI PICK 1: Fruit Options Bonus – Mini Rice Krisnie Treat	24 ITZA ITALIA W.W. PENNE PASTA WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL OR W.W. (2) HOMEMADE CHEESY BREADSTICKS W SAUCE OR ALTERNATE ENTREE PICK 2: VEGETABLES (GREEN BEANS) PICK 1: Fruit Options	25 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options	FRUIT & VEG OPTIONS: Monday, Wednesday, Friday PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, LF Cole Slaw PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Asst'd Can Fruit,
28 (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA	29 TACO TUESDAYS TACO SALAD W/ TOPPINGS	30 NEW PRETZEL BUN GRILLED CHEESE SANDWICH or W. W. GOURMET PIZZA	31 HALLOWEEN MEATBALL SUB W/ CHEESE ON A WW HOAGIE BUN OF WW (2) CHEESY BREADSTICKS w/ sce	FRUIT & VEG OPTIONS: Tuesday and Thursdays PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots	

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or W. W.GOURMET PIZZA

OR ALTERNATE ENTREE

(OVEN BAKED CURLY FRIES)

PICK 2: VEGETABLES

PICK 1: Fruit Options

or (2) (W.W.) HOMEMADE CHEESY

BREADSTICKS w/ sauce

OR ALTERNATE ENTREE

(REFRIED BEANS WITH CHEESE)

PICK 2: Vegetables

PICK 1: Fruit Options

or W. W. PEPPERONI OR CHEESE PIZZA

or Alternate Entrée

MASHED POTATOES W/GRVY

PICK 2: VEGETABLES

PICK 1: Fruit Options

OR ALTERNATE ENTREE

W.W. PASTA W/ MARINARA SAUCE

GREEN BEANS

ORANGE SORBET (100% JUICE)

PICK 2: VEGETABLES

PICK 1: Fruit Options

PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh

Canned Mandarin Oranges, Asst'd Canned Fruit

Watermelon, Strawb, Fresh Oranges, Canned Pineapple &