



TWINSBURG WELLNESS & NUTRITION

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



COMING SOON— APRIL 22ND AT 10AM

TWINSBURG BICENTENNIAL

TIGER SPIRIT RUN

- DODGE, BISSELL & WILCOX CANNED FRUIT DRIVE FOR A “POPCICLE PARTY”
- COOL STUDENT DESIGNED TIGER SPIRIT RUN BICENTENNIAL T-SHIRTS \$8.50 PER PERSON TO PARTICIPATE. SIGN UP FORMS COMING IN MARCH.
- COME MEET “TWINNY THE TIGER”
- Free water, fresh fruit and snacks

Don't miss this great morning of fun and fitness!



**DRESS UP AS A TIGER OR IN
TIGER SPIRIT WEAR AND GET
ENTERED INTO RAFFLE TO WIN**





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

February and March 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 4 (Beginning)</p> <p>February 6th</p>	<p>2 BACON CHEESEBURGER SLIDERS or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES 2 POTATO TRIANGLES</p> <p>PICK 1: STRAWBERRIES OR Fruit Options</p> <p>Bonus—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</p> <p>PICK 2: VEGs (TEX MEX BAKED BEANS)</p> <p>PICK 1: ORANGE WEDGES 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>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: FRESH CANTALOUPE OR Fruit Options</p> <p>FORTUNE COOKIE</p>
<p>WEEK 1 (Beginning)</p> <p>February 13th</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 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 OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (BUTTERED CORN)</p> <p>PICK 1: ORANGE WEDGES or Fruit Options</p> <p>BONUS—GIANT GOLDFISH GRAHAM</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>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>NO SCHOOL!</p>
<p>WEEK 2 (Beginning)</p> <p>February 20th</p>	<p>PRESIDENTS DAY</p> <p>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</p> <p>PICK 2: VEGs (TEX MEX BAKED BEANS)</p> <p>PICK 1: ORANGE WEDGES or Fruit Options</p>	<p>MEATBALL SUB SANDWICH ON A FRESH BAKED SUB BUN or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES CRISPY BAKED FRIES</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR 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</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: FRESH CANTALOUPE or Fruit Options</p> <p>FORTUNE COOKIE</p>
<p>WEEK 3 (Beginning)</p> <p>February 27th—March 3rd</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 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: ORANGE WEDGES or Fruit Options</p> <p>BONUS—GIANT GOLDFISH GRAHAM</p>	<p>GENERAL TSO CHICKEN (Popcorn or fajita) over Rice Served with Chopsticks or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p>FORTUNE 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>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: FRESH CANTALOUPE or Fruit Options</p> <p>BONUS - CHOCOLATE CHIP COOKIE</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

4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

The USDA is an equal opportunity provider and employer.



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

March and April 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) March 6th	2 BACON CHEESEBURGER SLIDERS or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGs (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	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	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 FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: FRESH CANTALOUPE OR Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) March 13th	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	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	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	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: FRESH CANTALOUPE or Fruit Options FORTUNE COOKIE
WEEK 2 (Beginning) March 20th	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 OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGs (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	CHICKEN PARMESAN SANDWICH or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE 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, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: FRESH CANTALOUPE or Fruit Options FORTUNE COOKIE

March 27th— March 31st—Spring Break No School!

WEEK 3 (Beginning) April 3rd	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 TATOR TOTS PICK 1: STRAWBERRIES / 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: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC TOAST or PEPPERONI, PEPP & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGs: GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options FORTUNE COOKIE	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	SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: FRESH CANTALOUPE or Fruit Options BONUS—CHOCOLATE CHIP COOKIE
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