



# TWINSBURG WELLNESS – FEBRUARY 2014 – 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH PRICE: \$2.75

Breakfast now available daily.

[Click here for Breakfast Info and Menu](#)

**FRUIT & VEG OPTIONS:**  
Monday, Wednesday, Friday

**PICK 2 VEGETABLES:** Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch  
**PICK 1 FRUIT:** 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass'd Can Fruit, Fresh Cantaloupe

**100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS**

**FRUIT & VEG OPTIONS:**  
Tuesday and Thursdays

**PICK 2 VEGETABLES:** Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots  
**PICK 1 FRUIT:** Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit

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 reduced-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.

3  
**(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**

4 **TACO TUESDAYS**  
**TACO SALAD BAR OR NACHO SUPREME BAR**  
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
OR ALTERNATE ENTREE  
**PICK 2: Vegetables**  
(REFRIED BEANS WITH CHEESE)  
**PICK 1: Fruit Options**

5 **NEW**  
**5 BBQ MEATBALLS W/ W.W. HOT SOFT PRETZEL**  
or W.W. GOURMET PIZZA  
**PICK 2: VEGETABLES**  
FRESH STEAMED BROCCOLI W/ CHEESE SAUCE  
**PICK 1: Fruit Options**  
BONUS – FUNSIZE RICE KRISPY

6 **ITZA ITALIA**  
**CHICKEN PARMESAN SANDWICH**  
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**

7 **(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**



10 **SPICY OR REGULAR POPCORN CHICKEN**  
WITH W.W. MINI HOT SOFT PRETZEL  
or W.W. PEP. OR **CHEESE PIZZA**  
or Alternate Entrée  
**PICK 2: VEGETABLES**  
(BBQ BAKED BEANS)  
**PICK 1: Fruit Options**

11 **TACO TUESDAYS**  
**2 SOFT TACOS WITH TOPPINGS**  
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
OR ALTERNATE ENTREE  
**PICK 2: Vegetables**  
(BUTTERED CORN)  
**PICK 1: Fruit Options**

12 **BACON CHEESE BURGER**  
ON A W.W. BUN  
or W.W. GOURMET PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
(OVEN BAKED CURLY FRIES)  
**PICK 1: Fruit Options**

13 **NEW ITZA ITALIA**  
**CHICKEN ALFREDO OR ALFREDO SAUCE OVER W.W. PENNE PASTA W/ GARLIC BREAD ROLL**  
or W.W. (2) **CHEESY BREADSTICKS w/ sauce**  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES** - GREEN BEANS  
**PICK 1: Fruit Options**  
Berry & Lemon Swirl or Watermelon Sorbet (100% Juice)

14 **VALENTINE'S DAY**  
**NO SCHOOL!**

**NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!**

17 **PRESIDENTS' DAY**  
**NO SCHOOL!**

18 **TACO TUESDAYS**  
**TACO SALAD BAR OR NACHO SUPREME BAR**  
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
OR ALTERNATE ENTREE  
**PICK 2: Vegetables**  
(CRISPY CINNAMON CHICKPEA SNACK)  
**PICK 1: Fruit Options**

19 **NEW**  
**2 POPCORN CHICKEN WRAPS WITH TOPPINGS**  
or W.W. GOURMET PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS  
**PICK 1: Fruit Options**

20 **TURKEY & GRAVY OVER NOODLES W/ W.W. ROLL**  
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES** - (GREEN BEANS)  
**PICK 1: Fruit Options**  
APPLE CRISP

21 **(9) MINI PANCAKES W/ SYRUP**  
with 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**

Our menus are planned by Registered Dietitian Mark Bindus and meet the highest standards required. Our menus are planned utilizing the USDA's dietary recommendations.

24 **SPICY OR REGULAR POPCORN CHICKEN**  
WITH W.W. MINI HOT SOFT PRETZEL  
or W.W. PEP. OR **CHEESE PIZZA**  
or Alternate Entrée  
**PICK 2: VEGETABLES**  
(BBQ BAKED BEANS)  
**PICK 1: Fruit Options**

25 **TACO TUESDAYS**  
**2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS**  
or W.W. (2) **HOMEMADE CHEESY BREADSTICKS w/ sauce**  
**PICK 2: Vegetables**  
(BUTTERED CORN)  
**PICK 1: Fruit Options**

26 **BBQ RIB SANDWICH**  
ON WW HOAGIE  
or W.W. GOURMET PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
OVEN BAKED CURLY FRIES  
**PICK 1: Fruit Options**  
BONUS – FUNSIZE RICE KRISPY

27 **ITZA ITALIA**  
**MEATBALL SUB W/ MOZZ ON A W.W. HOAGIE**  
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**

28 **NEW**  
**SWEET N' SOUR POPCORN CHICKEN**  
OVER LO MEIN NOODLES (W.W.)  
or W.W. PEPPERONI OR **CHEESE PIZZA**  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
RED & GREEN PEPPERS  
**PICK 1: Fruit Options**  
BONUS – FORTUNE COOKIE

ALTERNATE ENTREES  
Breaded Chicken Sandwiches (W.W.)  
Cheeseburger (W.W.)  
ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS  
**CHEESE PIZZA AVAILABLE ON GOURMET PIZZA DAY!**