




TWINSBURG WELLNESS – MARCH 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
<p>3</p> <p>SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>4 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: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>5</p> <p>(4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>6</p> <p>CHICKEN BACON MOZZ SUB ON WW HOAGIE or W. W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI W/ CHEESE SAUCE</p> <p>PICK 1: Fruit Options BONUS – FUNSIZE RICE KRISPY TREAT</p>	<p>7</p> <p>BACON CHEESE BURGER ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX</p> <p>PICK 1: Fruit Options FISH SANDWICH AVAILABLE!</p>	
<p>10</p> <p>(8) W.G. CHICKEN FRIES WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>11 TACO TUESDAYS</p> <p>2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>12</p> <p>SWEET N' SOUR POPCORN CHICKEN OVER LO MEIN NOODLES (W.W.) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES RED & GREEN PEPPERS PICK 1: Fruit Options BONUS – FORTUNE COOKIE</p>	<p>13</p> <p>TURKEY & GRAVY W/ W.W. ROLL or W. W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES: MASHED POTATOES</p> <p>PICK 1: Fruit Options BONUS – GRIPZ CHOC CHIP</p>	<p>14</p> <p>2 POPCORN CHICKEN WRAPS WITH TOPPINGS or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES)</p> <p>PICK 1: Fruit Options FISH SANDWICH AVAILABLE!</p>	
<p>17</p> <p>SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>18 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: Vegetables (CRISPY CINNAMON CHICKPEA SNACK) PICK 1: Fruit Options</p>	<p>19</p> <p>WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: Fruit Options</p>	<p>20</p> <p>IT'ZA 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</p> <p>PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options BLUE RASPBERRY SORBET (100% Juice)</p>	<p>21</p> <p>5 BBQ MEATBALLS W/ MINI HOT SOFT PRETZEL or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS</p> <p>PICK 1: Fruit Options BONUS – FUNSIZE RICE KRISPY TREAT FISH SANDWICH AVAILABLE!</p>	<p>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.</p>
<p>24</p> 	<p>SPRING BREAK – NO SCHOOL!</p> <p>MARCH 24TH -28TH</p>			<p>28</p> 	<p>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!</p>
<p>31</p> <p>SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday</p> <p>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, Cantaloupe or Grapes</p>		<p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots</p> <p>PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit</p>	<p>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. 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.</p>	



TWINSBURG WELLNESS – APRIL 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
<p>Don't miss the 2014 TigerFit Fun Run on Saturday, April 26th at 10am</p> <p>REGISTRATION INFO</p>	<p>1 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>2 (4) FRENCH TOAST STIX w/ SYRUP w/ 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>3 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</p>	<p>4 BACON CHEESE BURGER ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX PICK 1: Fruit Options FISH SANDWICH AVAILABLE!</p>	<p>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. 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.</p> <p>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!</p> <p>NEW MENU FEATURE HIGHLIGHTING INDICATES VEGETARIAN ENTRÉE OPTION THAT IS AVAILABLE FOR THE DAY!</p>
<p>7 (8) W.G. CHICKEN FRIES WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>8 TACO TUESDAYS 2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>9 6 WHOLE GRAIN MINI CORN DOGS or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (5) POTATO SMILES CALIFORNIA VEG MIX PICK 1: Fruit Options FRUIT JUICE 100% JUICE</p>	<p>10 IT'ZA 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 FRESH STEAMED BROCCOLI PICK 1: Fruit Options BLUE RASPBERRY SORBET</p>	<p>11 2 POPCORN CHICKEN WRAPS WITH TOPPINGS or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options FISH SANDWICH AVAILABLE!</p>	
<p>14 SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>15 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CRISPY CINNAMON CHICKPEA SNACK) PICK 1: Fruit Options</p>	<p>16 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: Fruit Options</p>	<p>17 NO SCHOOL!</p>	<p>18 GOOD FRIDAY NO SCHOOL!</p>	
<p>21 NO SCHOOL!</p>	<p>22 TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>23 GENERAL TSO POPCORN CHICKEN OVER BROWN RICE or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ORIENTAL VEGETABLES PICK 1: Fruit Options BONUS – FORTUNE COOKIE</p>	<p>24 GRILLED CHEESE OR SLOPPY JOE ON A WW BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>25 CHICKEN BACON MOZZ. SUB ON A WW HOAGIE or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 1: Fruit Options BONUS – FUNSIZE RICE KRISPY TREAT</p>	
<p>28 SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>29 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>30 (9) MINI PANCAKES w/ SYRUP with 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</p> <p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menueed Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots</p> <p>PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Grapes or Cantaloupe, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Asst'd Canned Fruit</p>		
					<p>26 TIGERFIT FUN RUN</p> <p>2014 TigerFit Fun Run</p> <p>Click on Tiger for registration info!</p>