



TWINSBURG WELLNESS & NUTRITION



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



BAUMAN ORCHARDS, INC.

Fresh local apples grown in Rittman, Ohio



For the 2017-18 School Year, Twinsburg City Schools will be buying only the best locally grown apples for our students! Each month we will feature a new fresh, local apple from Bauman Orchards. We hope your students enjoy the fresh difference!

Aug & Sept.	- Paula Red Apples	February	- Empire Apples
October	- Yellow Delicious	March	- Melrose Apples
November	- Pink Lady Apples	April	- Red Delicious
December	- Macintosh Apples	May	- Fuji Apples
January	- Gold Rush Apple		

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Tiger Entree Salads

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

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

HEALTHY OFFERINGS BACK IN 2017-18

STRAWBERRY AND MIXED BERRY SMOOTHIE

MADE WITH WHOLE STRAWBERRIES AND BLUE-BERRIES WITH YOPLAIT VANILLA YOGURT



AVAILABLE DAILY FOR \$2.00 EACH OR WITH A HOT SOFT PRETZEL AND SIDE DISHES AS PART OF A \$3.00 LUNCH!

AS ALWAYS...WE USE OUR HOMEMADE, FRESH, LOW SODIUM PIZZA SAUCE AND GARLIC PASTE ON OUR WHOLE GRAIN PIZZAS AND CHEESY BREADS

Whole Grain Mini Corn Dogs (Chicken) and Whole Grain Mini Pancakes





RBC & DODGE 2017-18 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 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 2nd	SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW OR ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE or Fruit Options	CORN DOG OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WAFFLE FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL 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: Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) October 9th	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE PICK 2: VEGS—BUTTERED CORN PICK 1: WATERMELON WEDGE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	5 WHOLE GRAIN MINI CORN DOGS OR ALTERNATE ENTREE PICK 2: VEGETABLES WAFFLE FRIES 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 ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	NEOEA DAY NO SCHOOL FOR STUDENTS!
WEEK 2 (Beginning) October 16th	BREAKFAST BAGEL OR BISCUIT SANDWICH (egg, cheese, bacon or TURKEY sausage) OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE or Fruit Options	MEATBALL SUB SANDWICH ON A FRESH BAKED SUB BUN OR ALTERNATE ENTREE PICK 2: VEGETABLES CRISPY BAKED FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options BONUS—Reduced Sugar Fruit Roll-up
WEEK 3 (Beginning) October 23rd	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE PICK 2: VEGS—BUTTERED CORN PICK 1: WATERMELON WEDGE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	GENERAL TSO CHICKEN (Popcorn or fajita) over Rice Served with Chopsticks OR ALTERNATE ENTREE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI 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 ALTERNATE ENTREE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	BBQ RIB SANDWICH OR ALTERNATE ENTREE PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: FRESH CANTALOUPE or Fruit Options BONUS - CHOCOLATE CHIP COOKIE

MONDAYS, WEDS. AND FRIDAYS
 4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH
TUESDAYS AND THURSDAYS
 4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA EVERY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAMBURGERS, CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS




RBC & DODGE 2017-18 MENU

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Students must take at least one fruit or vegetable.

LUNCH
PRICE:
\$3.00

OCTOBER & NOVEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 30th— November 3rd	SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW OR ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: CANTALOUPE or Fruit Options	PASTA BAR W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST 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 ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES W/GRAVY 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: Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) November 6th	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	ELECTION DAY NO SCHOOL FOR STUDENTS!	5 WHOLE GRAIN MINI CORN DOGS OR ALTERNATE ENTREE PICK 2: VEGETABLES WAFFLE FRIES 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 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: RED SEEDLESS GRAPES or Fruit Options
WEEK 2 (Beginning) November 13th	BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: CANTALOUPE or Fruit Options	CHICKEN PARMESAN SANDWICH 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 ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	THANKSGIVING FEAST SLICED TURKEY & STUFFING WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES / CORN / SWEET POTATOES PICK 1: Fruit Options BONUS—PB SUN BUTTER BAR
WEEK 3 (Beginning) November 20th	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE PICK 2: VEGs—BUTTERED CORN PICK 1: CANTALOUPE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	 <p>THANKSGIVING BREAK NO SCHOOL NOVEMBER 22ND—24TH SUNBUTTER BAR IS PEANUT & TREENUT FREE</p>		

MONDAYS, WEDS. AND FRIDAYS
4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH
TUESDAYS AND THURSDAYS
4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE EVERY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAMBURGERS, CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS