



# 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!

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

**N  
E  
W  
I  
N  
2  
0  
1  
7  
-  
1  
8**

**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**

Monday

Tuesday

Wednesday

Thursday

Friday

## AUGUST & SEPTEMBER 2017

WEEK 1 (Beginning)

August 14

First Day of School is  
Wednesday, August 16th



**5 WHOLE GRAIN MINI CORN DOGS**  
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 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  
FRESH STEAMED BROCCOLI  
PICK 1: RED SEEDLESS GRAPES  
or Fruit Options

WEEK 2 (Beginning)

August 21

**BREAKFAST BISCUIT SANDWICH** (egg, cheese, bacon or TURKEY sausage)  
OR ALTERNATE ENTREE  
PICK 2: VEGETABLES  
2 POTATO TRIANGLES  
PICK 1: ORANGE WEDGES  
OR Fruit Options

**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 ENTREE  
PICK 2: VEGETABLES:  
MASHED POTATOES  
PICK 1: APPLES W/ CARAMEL  
OR Fruit Options  
FRESH APPLE SLICES w/ DIP

**ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE**  
OR ALTERNATE ENTREE  
PICK 2: WAFFLE FRIES  
or Vegetable Options  
PICK 1: RED SEEDLESS GRAPES  
or Fruit Options  
**BONUS—Reduced Sugar Fruit Roll-up**

WEEK 3 (Beginning)

August 28–  
September 1st

**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: Vegetables  
(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

**STAFF DAY**  
**NO SCHOOL FOR STUDENTS!**

**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**

The USDA is an equal opportunity provider and employer.



# 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**

## SEPTEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 4 (Beginning)</p> <p><b>September 4</b></p>	<p><b>LABOR DAY</b></p> <p><b>NO SCHOOL!</b></p>	<p><b>TACO TUESDAYS</b></p> <p>2 CRUNCHY OR SOFT TACOS WITH TOPPINGS OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS)</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p>	<p>PASTA BAR W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES GREEN BEANS</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p><b>BONUS—CARNIVAL COOKIE</b></p>	<p>SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE</p> <p>PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p><b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES OVEN BAKED CURLY FRIES</p> <p>PICK 1: Fruit Options</p> <p><b>FORTUNE COOKIE</b></p>
<p>WEEK 1 (Beginning)</p> <p><b>September 11</b></p>	<p>9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES 2 POTATO TRIANGLES</p> <p>PICK 1: STRAWBERRIES OR Fruit Options</p>	<p><b>TACO TUESDAYS</b></p> <p>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE</p> <p>PICK 2: VEGs—BUTTERED CORN</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p> <p><b>BONUS—GIANT GOLDFISH GRAHAM</b></p>	<p>5 WHOLE GRAIN MINI CORN DOGS OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES WAFFLE FRIES</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p><b>BONUS - CHOCOLATE CHIP COOKIE</b></p>	<p>6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS)</p> <p>PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p>BACON CHEESE BURGER ON A W.W. BUN OR MACARONI &amp; CHEESE or ALTERNATE ENTRÉE</p> <p>PICK 2: VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE</p> <p>PICK 1: RED SEEDLESS GRAPES or Fruit Options</p>
<p>WEEK 2 (Beginning)</p> <p><b>September 18</b></p>	<p><b>BREAKFAST BISCUIT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES 2 POTATO TRIANGLES</p> <p>PICK 1: STRAWBERRIES / TOPPING OR Fruit Options</p>	<p><b>TACO TUESDAYS</b></p> <p>TACO SALAD BAR OR NACHO SUPREME BAR OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS)</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p>	<p>CHICKEN PARMESAN SANDWICH OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p><b>BONUS—CARNIVAL COOKIE</b></p>	<p><b>STAFF DAY</b></p> <p><b>NO SCHOOL FOR STUDENTS!</b></p>	<p>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or ALTERNATE ENTRÉE</p> <p>PICK 2: WAFFLE FRIES or Vegetable Options</p> <p>PICK 1: RED SEEDLESS GRAPES or Fruit Options</p> <p><b>BONUS—Reduced Sugar Fruit Roll-up</b></p>
<p>WEEK 3 (Beginning)</p> <p><b>September 25</b></p>	<p>9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES 2 POTATO TRIANGLES</p> <p>PICK 1: STRAWBERRIES OR Fruit Options</p>	<p><b>TACO TUESDAYS</b></p> <p>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE</p> <p>PICK 2: VEGs—BUTTERED CORN</p> <p>PICK 1: WATERMELON WEDGE or Fruit Options</p> <p><b>BONUS—GIANT GOLDFISH GRAHAM</b></p>	<p>BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC TOAST or ALTERNATE ENTRÉE</p> <p>PICK 2: VEGS: GREEN BEANS</p> <p>PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options</p> <p><b>FORTUNE COOKIE</b></p>	<p>6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (BBQ BAKED BEANS)</p> <p>PICK 1: APPLES W/ CARAMEL OR Fruit Options</p>	<p><b>BBQ RIB SANDWICH</b> OR ALTERNATE ENTREE</p> <p>PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options</p> <p>PICK 1: FRESH CANTALOUPE or Fruit Options</p> <p><b>BONUS - CHOCOLATE CHIP COOKIE</b></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 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**

The USDA is an equal opportunity provider and employer.