



TWINSBURG WELLNESS & NUTRITION



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

NEW IN 2016-17



Tiger Entree Salads

Buffalo Chicken
Fruit Salad
Garden Veggie
Grilled Chicken

Italian
Popcorn Chicken

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

Includes: 2 oz Hot Soft Pretzel, Juice and Milk for \$3.00



WHOLE GRAIN HOT SOFT PRETZEL AVAILABLE AS PART OF ENTRÉE SALAD LUNCH OR AS AN EXTRA FOR .75 CENTS!

WHOLE GRAIN 1.5 OZ FRESHLY BAKED COOKIES (M&M, CHOCOLATE CHIP, DOUBLE CHOCOLATE CHIP, AND CINNAMON SUGAR) AVAILABLE DAILY FOR .75 CENTS EACH!

FRESH HEALTHY POPPED POPCORN AVAILABLE AT RBC DAILY FOR .75 CENTS





RBC & DODGE 2016-17 MENU

LUNCH
PRICE:
\$3.00

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

AUGUST & SEPTEMBER 2016

WEEK 1 (Beginning)

August 15
First Day of School
is Wednesday,
August 17th



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

(5) REG OR SPICY CHICKEN TENDERS
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

FRESH STEAMED BROCCOLI
PICK 1: RED SEEDLESS GRAPES
or Fruit Options

WEEK 2 (Beginning)

August 22

BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage)

or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA

PICK 2: VEGETABLES
2 POTATO TRIANGLES

PICK 1: ORANGE WEDGES
OR Fruit Options

TACO TUESDAYS

TACO SALAD BAR OR NACHO SUPREME BAR

or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce
OR ALTERNATE ENTRÉE

PICK 2: Vegetables
(CHEESY CRUNCHY REFRIED BEANS)

PICK 1: WATERMELON WEDGE
or Fruit Options

CHICKEN PARMESAN SANDWICH

PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA
OR ALTERNATE ENTRÉE

PICK 2: VEGETABLES
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

PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA
or ALTERNATE ENTRÉE

PICK 2: WAFFLE FRIES
or Vegetable Options

PICK 1: RED SEEDLESS GRAPES
or Fruit Options

WEEK 3 (Beginning)

August 29–
September 2nd

4 FRENCH TOAST STIX
W/ SYRUP

with 2 Slices of Fried Ham
or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA
OR ALTERNATE ENTRÉE

PICK 2: VEGETABLES
TATOR TOTS

PICK 1: ORANGE WEDGES
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: WATERMELON WEDGE
or Fruit Options

BONUS - GIANT GOLDFISH GRAHAM

CHICKEN BACON MOZZ. SUB

or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA
or ALTERNATE ENTRÉE

PICK 2: VEGETABLES:
SEASONED WEDGE FRIES

PICK 1: BANANA W/ CHOC SYRUP
OR Fruit Options

BONUS - CHOCOLATE CHIP COOKIE

(5) REG OR SPICY CHICKEN TENDERS

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

STAFF DAY

NO SCHOOL FOR STUDENTS!

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

SEPTEMBER 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|---|
| WEEK 4 (Beginning) September 7 | LABOR DAY NO SCHOOL! | TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE 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: Fruit Options FORTUNE COOKIE |
| WEEK 1 (Beginning) September 14 | 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 / TOPPING OR Fruit Options | TACO TUESDAYS 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: WATERMELON WEDGE or Fruit Options | 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 | (5) REG OR SPICY CHICKEN TENDERS 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: RED SEEDLESS GRAPES or Fruit Options |
| WEEK 2 (Beginning) September 21 | 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 / TOPPING OR Fruit Options | TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE 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: RED SEEDLESS GRAPES or Fruit Options |
| WEEK 3 (Beginning) September 28— October 2 | 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: WATERMELON WEDGE 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 BONUS - CHOCOLATE CHIP COOKIE | (5) REG OR SPICY CHICKEN TENDERS 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: RED SEEDLESS GRAPES or Fruit Options FORTUNE COOKIE |

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.