

TWINSBURG WELLNESS & NUTRITION

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



COMING SOON- APRIL 22ND AT 10AM

TWINSBURG BICENTENNIAL

TIGER SPIRIT RUN

• DODGE, BISSELL & WILCOX CANNED FRUIT DRIVE FOR A "POPCICLE PARTY"

• COOL STUDENT DESIGNED TIGER SPIRIT RUN BICENTENNIAL T-SHIRTS \$8.50 PER PERSON TO PARTICIPATE. SIGN UP FORMS COMING IN MARCH.

• COME MEET "TWINNY THE TIGER"

• Free water, fresh fruit and snacks

fun and fitness!

DRESS UP AS A TIGER OR IN TIGER SPIRIT WEAR AND GET ENTERED INTO RAFFLE TO WIN

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

February and March 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) February 6th	2 BACON CHEESEBURGER SLIDERS or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TJESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegs (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	PASTA BAR W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST 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: FRESH CANTALOUPE OR Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) February 13th	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 OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	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	6 REG OR SPICY CHICKEN NUGGETS 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	NO SCHOOL!
WEEK 2 (Beginning) February 20th	PRESIDENTS DAY NO SCHOOL!	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegs (TEX MEX BAKED BEANS) PICK 1: ORANGE WEDGES or Fruit Options	MEATBALL SUB SANDWICH ON A FRESH BAKED SUB BUN OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA 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 (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: FRESH CANTALOUPE or Fruit Options FORTUNE COOKIE
WEEK 3 (Beginning) February 27th—March 3rd	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: ORANGE WEDGES or Fruit Options BONUS—GIANT GOLDFISH GRAHAM]	GENERAL TSO CHICKEN (Popcorn or fajita) over Rice Served with Chopsticks or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE 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 (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	BBQ RIB SANDWICH or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIE or Vegetable Options PICK 1: FRESH CANTALOUPE or Fruit Options BONUS - CHOCOLATE CHIP COOKIE
BONDS-GIANT GOLDFISH GRAHAM PONOL COMPL DONOL COMPL MONDAYS, WEDS. AND FRIDAYS GREEN PRINT INDICATES VEGETARIAN OPTION TUESDAYS AND THURSDAYS 4 0Z 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS. 4 0Z 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH					

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.

March and April 2017

LUNCH PRICE:

\$3.00

Monday Wednesday Friday Tuesday Thursday **GRILLED CHEESE 2 BACON CHEESEBURGER** TACO TUESDAYS SPICY OR REGULAR 6 BBQ MEATBALLS W/ LGE SANDWICH SLIDERS **2 CRUNCHY OR SOFT TACOS** HOT SOFT PRETZEL POPCORN CHICKEN **March 6th OR SLOPPY JOE SANDWICH** or PEPPERONI, PEPPERONI & WITH TOPPINGS or PEPPERONI, PEPPERONI & WITH W.W.DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY SAUSAGE OR CHEESE PIZZA or (2) HOMEMADE CHEESY **OR FIESTADA PIZZA** SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE **BREADSTICKS w/ sauce** OR ALTERNATE ENTREE BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE OR ALTERNATE ENTREE PICK 2: VEGETABLES PICK 2: VEGETABLES or ALTERNATE ENTRÉE **PICK 2: VEGETABLES 2 POTATO TRIANGLES** PICK 2: Vegs (TEX MEX BAKED BEANS) GREEN BEANS PICK 2: VEGETABLES: **OVEN BAKED CURLY FRIES** STEAMED BROCCOLI W/ CHEESE PICK 1: STRAWBERRIES PICK 1: ORANGE WEDGES PICK 1: BANANA W/ CHOC SYRUP PICK 1: Fruit Options **OR Fruit Options OR Fruit Options** PICK 1: APPLES W/ CARAMEL **FORTUNE COOKIE** or Fruit Options BONUS-CARNIVAL COOKIE Bonus—Mini Rice Krispie Treat **OR Fruit Options** TACO TUESDAYS PILLSBURY MINI PANCAKES **5 WHOLE GRAIN MINI 6 REG OR SPICY BACON CHEESE BURGER** CHICKEN NUGGETS with 2 Slices of Fried Ham WALKING TACO (W/ REG OR COOL **CORN DOGS** ON A W.W. BUN W/ W.W. MINI HOT SOFT PRETZEL March 13th or PEPPERONI, PEPPERONI & RANCH REDUCED FAT DORITOS) or PEPPERONI, PEPPERONI & **OR MACARONI & CHEESE** or (2) (W.W.) HOMEMADE CHEESY SAUSAGE OR CHEESE PIZZA or (2) (W.W.) HOMEMADE CHEESY SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE **BREADSTICKS w/ sauce BREADSTICKS w/ sauce** PICK 2: VEGETABLES OR ALTERNATE ENTRÉE OR ALTERNATE ENTREE or ALTERNATE ENTRÉE OR ALTERNATE ENTREE **PICK 2: VEGETABLES OVEN BAKED CURLY FRIES** PICK 2: VEGETABLES **PICK 2: VEGETABLES** PICK 2: Vegetables STEAMED BROCCOLI W/ CHEESE TATOR TOTS **5 POTATO SMILES** (BBQ BAKED BEANS) (BUTTERED CORN) PICK 1: STRAWBERRIES PICK 1: RED SEEDLESS GRAPES PICK 1: BANANA W/ CHOC SYRUP PICK 1: APPLES W/ CARAMEL PICK 1: ORANGE WEDGES **OR Fruit Options OR Fruit Options** or Fruit Options or Fruit Options **OR Fruit Options FORTUNE COOKIE** BONUS - CHOCOLATE CHIP COOKIE BONUS—GIANT GOLDFISH GRAHAM BREAKFAST CROISSANT TACO TUESDAYS **CHICKEN PARMESAN** SPICY OR REGULAR ALL BEEF HOT DOG WITH SANDWICH POPCORN CHICKEN CHILI AND CHEESE SAUCE SANDWICH (egg, cheese, bacon or TACO SALAD BAR OR NACHO or PEPPERONI . PEPPERONI & March 20th TURKEY sausage) SUPREME BAR WITH W.W.DINNER ROLL or PEPPERONI . PEPPERONI & SAUSAGE OR CHEESE PIZZA or PEPPERONI, PEPPERONI & or (2) (W.W.) HOMEMADE CHEESY or (2) HOMEMADE CHEESY SAUSAGE OR CHEESE PIZZA **OR ALTERNATE ENTREE** SAUSAGE OR CHEESE PIZZA BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE **BREADSTICKS w/ sauce OR ALTERNATE ENTREE** PICK 2: VEGETABLES— GREEN BEANS or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES PICK 2: VEGETABLES PICK 2: Vegs (TEX MEX BAKED BEANS) PASTA W/ MARINARA PICK 2: VEGETABLES: or Vegetable Options **2 POTATO TRIANGLES** PICK 1: ORANGE WEDGES MASHED POTATOES PICK 1: RED SEEDLESS GRAPES PICK 1: STRAWBERRIES PICK 1: BANANA W/ CHOC SYRUP PICK 1: APPLES W/ CARAMEL **OR Fruit Options** or Fruit Options **OR Fruit Options** or Fruit Options Bonus—Mini Rice Krispie Treat BONUS-CARNIVAL COOKIE **OR Fruit Options FORTUNE COOKIE** March 27th— March 31st—Spring Break No School! **BAKED PENNE PASTA 6 REG OR SPICY 4 FRENCH TOAST STIX** TACO TUESDAYS SESAME GINGER POPCORN CASEROLE WITH MEATSAUCE CHICKEN NUGGETS W/ SYRUP CHICKEN WRAP W/ SLAW WALKING TACO (W/ REG OR COOL W/ W.W. MINI HOT SOFT PRETZEL **April 3rd** with 2 Slices of Fried Ham AND GARLIC TOAST or PEPPERONI . PEPPERONI & RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY SAUSAGE OR CHEESE PIZZA or PEPPERONI, PEPP & SAUSAGE or PEPPERONI . PEPPERONI & or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or Alternate Entrée **OR CHEESE PIZZA** SAUSAGE OR CHEESE PIZZA **BREADSTICKS w/ sauce** or ALTERNATE ENTRÉE PICK 2: OVEN BAKED CURLY FRIES OR ALTERNATE ENTREE or ALTERNATE ENTRÉE PICK 2: Vegetables PICK 2: VEGETABLES or Vegetable Options **PICK 2: VEGETABLES** (BUTTERED CORN) PICK 2: VEGS: GREEN BEANS (BBQ BAKED BEANS) TATOR TOTS PICK 1: RED SEEDLESS GRAPES PICK 1: BANANA W/ CHOC SYRUP PICK 1: ORANGE WEDGES PICK 1: APPLES W/ CARAMEL PICK 1: STRAWBERRIES / TOPPING or Fruit Options **OR Fruit Options** or Fruit Options **OR Fruit Options OR Fruit Options** FORTUNE COOKIE **BONUS - CHOCOLATE CHIP COOKIE BONUS—GIANT GOLDFISH GRAHAM GREEN PRINT INDICATES VEGETARIAN OPTION MONDAYS, WEDS. AND FRIDAYS TUESDAYS AND THURSDAYS** 4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN 4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH TO COMPLY WITH FEDERAL STANDARDS.

The USDA is an equal opportunity provider and employer.