



# 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



\$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

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 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b>  <b>October 3rd</b>	<b>Curriculum Day</b>  <b>NO SCHOOL!</b>	<b>TACO TUESDAYS</b> 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: WATERMELON WEDGE  or Fruit Options	<b>PASTA BAR</b> 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  <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> 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	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options  <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>October 10th</b>	<b>PILLSBURY MINI PANCAKES</b> 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	<b>TACO TUESDAYS</b> 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	<b>5 WHOLE GRAIN MINI CORN DOGS</b> 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  <b>BONUS—CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> 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	<b>NEOEA DAY</b>  <b>No School!</b>
<b>WEEK 2 (Beginning)</b>  <b>October 17th</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (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	<b>TACO TUESDAYS</b> 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: WATERMELON WEDGE or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> 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  <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> 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	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> 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
<b>WEEK 3 (Beginning)</b>  <b>October 24th</b>	<b>4 FRENCH TOAST STIX</b> 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	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 1: WATERMELON WEDGE or Fruit Options  <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CHICKEN BACON MOZZ. SUB</b> 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  <b>BONUS - CHOCOLATE CHIP</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> 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	<b>BBQ RIB SANDWICH</b> 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  <b>FORTUNE COOKIE</b>

**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
<b>WEEK 4 (Beginning)</b>  <b>September 5</b>	<b>LABOR DAY</b>  <b>NO SCHOOL!</b>	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: WATERMELON WEDGE</b> or Fruit Options	<b>6 BBQ MEATBALLS W/ LGE</b> HOT SOFT PRETZEL or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: Fruit Options</b> <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b>  <b>September 12</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES / TOPPING</b> OR Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: WATERMELON WEDGE</b> or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> 5 POTATO SMILES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE <b>PICK 1: RED SEEDLESS GRAPES</b> or Fruit Options
<b>WEEK 2 (Beginning)</b>  <b>September 19</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> 2 POTATO TRIANGLES <b>PICK 1: STRAWBERRIES / TOPPING</b> OR Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1: WATERMELON WEDGE</b> or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES—</b> GREEN BEANS PASTA W/ MARINARA <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> MASHED POTATOES <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: WAFFLE FRIES</b> or Vegetable Options <b>PICK 1: RED SEEDLESS GRAPES</b> or Fruit Options
<b>WEEK 3 (Beginning)</b>  <b>September 30</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> TATOR TOTS <b>PICK 1: STRAWBERRIES / TOPPING</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS)</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1: WATERMELON WEDGE</b> or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC TOAST</b> or PEPPERONI, PEPP & SAUSAGE OR CHEESE PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGS: GREEN BEANS</b> <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW</b> or PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA or Alternate Entrée <b>PICK 2: OVEN BAKED CURLY FRIES</b> or Vegetable Options <b>PICK 1: RED SEEDLESS GRAPES</b> or Fruit Options <b>FORTUNE COOKIE</b>

**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.