



# TWINSBURG WELLNESS – JANUARY 2014 – RBC MENU



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  | LUNCH PRICE: \$2.75  |
|--|--|--|---|---|--|
| <p>Breakfast now available daily.<br/><a href="#">Click here for Breakfast Info and Menu</a></p>   | <p><b>FRUIT &amp; VEG OPTIONS:</b><br/>Monday, Wednesday, Friday</p> <p><b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch<br/><b>PICK 1 FRUIT:</b> 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Can Fruit, Fresh Cantaloupe</p> |  | <p><b>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</b></p> <p><b>FRUIT &amp; VEG OPTIONS:</b><br/>Tuesday and Thursdays</p> <p><b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots<br/><b>PICK 1 FRUIT:</b> Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Canned Fruit</p> |   | <p>All lunches include a Fat-free Choc, Skim or 1% Milk Milk offered for .50 cents<br/>Prepay for 5 lunches for 13.75 or 10 lunches for \$27.50. Reduced-price pre-paid lunches for \$2.00. Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</p> |
| <p>6<br/><b>TEACHER WORK DAY</b><br/><br/><b>NO SCHOOL!</b></p>  | <p>7 <b>TACO TUESDAYS</b><br/><b>TACO SALAD BAR OR NACHO SUPREME BAR</b><br/>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br/><b>PICK 2: Vegetables</b> (REFRIED BEANS WITH CHEESE)<br/><b>PICK 1: Fruit Options</b></p>   | <p>8 <b>BBQ RIB SANDWICH ON A W.W. HOAGIE</b><br/>or W. W. GOURMET PIZZA<br/><b>PICK 2: VEGETABLES</b> (OVEN BAKED CURLY FRIES) (BUTTERED CORN)<br/><b>PICK 1: Fruit Options</b><br/><b>BONUS – FORTUNE COOKIE</b></p>   | <p>9 <b>IT'ZA ITALIA</b><br/><b>CHICKEN PARMESAN SANDWICH</b><br/>or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>W.W. PASTA W/ MARINARA SAUCE GREEN BEANS<br/><b>PICK 1: Fruit Options</b></p>  | <p>10 <b>(4) FRENCH TOAST STIX</b><br/>W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> ((2) POTATO TRIANGLES)<br/><b>PICK 1: Fruit Options</b></p>         |   |
| <p>13 <b>SPICY OR REGULAR POPCORN CHICKEN</b><br/>WITH W.W. MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée<br/><b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS)<br/><b>PICK 1: Fruit Options</b></p> | <p>14 <b>TACO TUESDAYS</b><br/><b>2 SOFT TACOS WITH TOPPINGS</b><br/>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br/><b>PICK 2: Vegetables</b> (BUTTERED CORN)<br/><b>PICK 1: Fruit Options</b></p>   | <p>15 <b>BACON CHEESE BURGER</b><br/>ON A W.W. BUN<br/>or W. W. GOURMET PIZZA OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX<br/><b>PICK 1: Fruit Options</b></p>   | <p>16 <b>IT'ZA ITALIA</b><br/><b>W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> - GREEN BEANS<br/><b>PICK 1: Fruit Options</b><br/><b>Berry &amp; Lemon Swirl FRZ TREAT</b></p>   | <p>17 <b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b><br/>(egg, cheese, bacon or sausage) or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> SEASONED WEDGE FRIES<br/><b>PICK 1: Fruit Options</b></p> | <p>2014 TIGER WELLNESS WORKSHOP<br/>WHEN: Saturday, January 18th from 9am to noon<br/>WHERE: THS Commons</p>    |
| <p>20<br/><b>MARTIN LUTHER KING JR DAY</b><br/><br/><b>NO SCHOOL!</b></p>  | <p>21 <b>TACO TUESDAYS</b><br/><b>TACO SALAD BAR OR NACHO SUPREME BAR</b><br/>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br/><b>PICK 2: Vegetables</b> (CRISPY CINNAMON CHICKPEA SNACK)<br/><b>PICK 1: Fruit Options</b></p>   | <p>22 <b>6 WHOLE GRAIN MINI CORN DOGS</b><br/>or W. W. GOURMET PIZZA OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> (5) POTATO SMILES FRESH STEAMED BROCCOLI<br/><b>PICK 1: Fruit Options</b><br/><b>FRUIT PUNCH JELLO (100% JUICE)</b></p>                   | <p>23 <b>GRILLED CHEESE OR SLOPPY JOE ON A WW PRETZEL BUN</b><br/>or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> (OVEN BAKED CURLY FRIES)<br/><b>PICK 1: Fruit Options</b></p>  | <p>24 <b>GENERAL TSO'S CHICKEN</b> w// BROWN RICE or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> ORIENTAL VEGETABLES<br/><b>PICK 1: Fruit Options</b><br/><b>BONUS – FORTUNE COOKIE</b></p>  | <p>Our menus are planned by Registered Dietitian Mark Bindus and meet the highest standards required. Our menus are planned utilizing the USDA's dietary recommendations.</p>  |
| <p>27 <b>SPICY OR REGULAR POPCORN CHICKEN</b><br/>WITH W.W. MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée<br/><b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS)<br/><b>PICK 1: Fruit Options</b></p> | <p>28 <b>TACO TUESDAYS</b><br/><b>2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS</b><br/>or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce<br/><b>PICK 2: Vegetables</b> (BUTTERED CORN)<br/><b>PICK 1: Fruit Options</b></p>  | <p>29 <b>CHICKEN BACON MOZZ SUB</b><br/>ON WW HOAGIE or W. W. GOURMET PIZZA OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS<br/><b>PICK 1: Fruit Options</b><br/><b>Bonus – Mini Rice Krispie Treat</b></p> | <p>30 <b>IT'ZA ITALIA</b><br/><b>W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA</b> W/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> - GREEN BEANS<br/><b>PICK 1: Fruit Options</b><br/><b>WATERMELON FRZ TREAT</b></p>  | <p>31 <b>(9) MINI PANCAKES W/ SYRUP</b><br/>with 2 Slices of Fried Ham or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b> ((2) POTATO TRIANGLES)<br/><b>PICK 1: Fruit Options</b></p>           | <p>ALTERNATE ENTREES<br/>Breaded Chicken Sandwiches (W.W.)<br/>Cheeseburger (W.W.)<br/>ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES OR WRAPS</p>  |

The USDA is an equal opportunity provider and employer.



# TWINSBURG WELLNESS – DECEMBER 2013 – RBC MENU



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | LUNCH PRICE   |
|---|--|---|---|--|---|
| <p>2</p> <p><b>POPCORN CHICKEN</b><br/>WITH W.W. MINI HOT SOFT PRETZEL<br/>or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA<br/>Or Alternate Entrée<br/><b>PICK 2: Vegetables</b><br/>(BBQ BAKED BEANS)<br/><b>PICK 1: Fruit Options</b></p>  | <p>3</p> <p><b>TACO TUESDAYS</b><br/><b>2 SOFT TACOS WITH TOPPINGS</b><br/>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: Vegetables</b><br/>(BUTTERED CORN)<br/><b>PICK 1: Fruit Options</b></p>           | <p>4</p> <p><b>BACON CHEESE BURGER</b><br/>ON A W.W. BUN<br/>or W. W. GOURMET PIZZA<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>(OVEN BAKED CURLY FRIES)<br/>(SUGAR SNAP PEA PODS)<br/><b>PICK 1: Fruit Options</b></p>                         | <p>5</p> <p><b>ITZA ITALIAN</b><br/><b>MEATBALL SUB W/ CHEESE ON A WW HOAGIE BUN</b><br/>or WW (2) CHEESY BREADSTICKS w/ sce<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>W.W. PASTA W/ MARINARA SAUCE<br/>GREEN BEANS<br/><b>PICK 1: Fruit Options</b><br/><b>Bonus – Mini Rice Krispie Treat</b></p> | <p>6</p> <p>(4) FRENCH TOAST STIX<br/>W/ SYRUP w/ 2 Slices of Fried Ham<br/>or W. W. PEPPERONI<br/>OR CHEESE PIZZA<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>(2) POTATO TRIANGLES)<br/><b>PICK 1: Fruit Options</b></p>                                    | <p>All lunches include a Fat-free Choc, Skim or 1% Milk<br/>Milk offered for .50 cents<br/>Prepay for 5 lunches for 13.75<br/>or 10 lunches for \$27.50. Reduced-price pre-paid lunches for \$2.00.<br/>Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</p> <p>Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required.</p> <p><b>HealthierUS School</b></p> <p>The USDA is an equal opportunity provider and employer.</p> |
| <p>9</p> <p>(8) W.G. CHICKEN FRIES<br/>WITH W.W. DINNER ROLL<br/>or W. W. PEPPERONI OR CHEESE PIZZA<br/>or Alternate Entrée<br/><b>PICK 2: VEGETABLES</b><br/>MASHED POTATOES W/GRVY<br/><b>PICK 1: Fruit Options</b></p>                   | <p>10</p> <p><b>TACO TUESDAYS</b><br/><b>TACO SALAD BAR OR NACHO SUPREME BAR</b><br/>or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: Vegetables</b><br/>(REFRIED BEANS)<br/><b>PICK 1: Fruit Options</b></p> | <p>11</p> <p>TURKEY &amp; GRAVY OVER NOODLES<br/>or W. W. GOURMET PIZZA<br/><b>PICK 2: VEGETABLES</b><br/>CALIFORNIA VEG MIX<br/><b>PICK 1: Fruit Options</b><br/><b>BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</b></p>                                 | <p>12</p> <p><b>ITZA ITALIA</b><br/><b>W.W. PENNE PASTA WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL</b><br/>or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>(GREEN BEANS)<br/><b>PICK 1: Fruit Options</b></p>                                 | <p>13</p> <p><b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b><br/>(egg, cheese, bacon or sausage)<br/>or W.W.W PEPPERONI OR CHEESE PIZZA<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>SEASONED WEDGE FRIES<br/><b>PICK 1: Fruit Options</b></p>                       |   |
| <p>16</p> <p><b>POPCORN CHICKEN</b><br/>WITH W.W. MINI HOT SOFT PRETZEL<br/>or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA<br/>Or Alternate Entrée<br/><b>PICK 2: Vegetables</b><br/>(BBQ BAKED BEANS)<br/><b>PICK 1: Fruit Options</b></p> | <p>17</p> <p><b>TACO TUESDAYS</b><br/><b>2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS</b><br/>or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce<br/><b>PICK 2: Vegetables</b><br/>(BUTTERED CORN)<br/><b>PICK 1: Fruit Options</b></p>           | <p>18</p> <p><b>6 WHOLE GRAIN MINI CORN DOGS</b><br/>or W. W. GOURMET PIZZA<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>(5) POTATO SMILES<br/>CALIFORNIA VEG MIX<br/><b>PICK 1: Fruit Options</b><br/><b>FRUIT PUNCH JELLO (100% JUICE)</b></p> | <p>19</p> <p><b>ITZA ITALIA</b><br/><b>CHICKEN PARMESAN with WW Garlic Breadstick</b><br/>or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>W.W. PASTA W/ MARINARA SAUCE<br/>GREEN BEANS<br/><b>PICK 1: Fruit Options</b></p>                              | <p>20</p> <p>PRETZEL BUN GRILLED CHEESE SANDWICH (W.W.)<br/>or W.W.W PEPPERONI OR CHEESE PIZZA<br/>OR ALTERNATE ENTREE<br/><b>PICK 2: VEGETABLES</b><br/>FRESH STEAMED BROCCOLI<br/>W/ CHEESE SAUCE<br/><b>PICK 1: Fruit Options</b><br/><b>BONUS – FORTUNE COOKIE</b></p> |   |

WINTER BREAK – DECEMBER 23 – JANUARY 6 – NO SCHOOL!

**100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS**



## 2014 TIGER WELLNESS WORKSHOP

**WHEN:** Saturday, January 18th from 9am to noon  
**WHERE:** THS Commons  
**WHAT:** -Free Youth Fitness Testing with prizes  
 -Fitness Demos  
 -Area health and wellness businesses showing off their products or services.  
 -Tiger 2 for 2 for Hunger Free Throw Contest \$2.00 for 2 minutes of free throws with all proceeds going to Paws on Hunger (Top Boy and Girl from each school when a great prize).

CLICK ON LINK TO THE LEFT FOR MORE INFO

### FRUIT & VEG OPTIONS: Tuesday and Thursdays

**PICK 2 VEGETABLES:** Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots  
**PICK 1 FRUIT:** Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit

### FRUIT & VEG OPTIONS: Monday, Wednesday, Friday

**PICK 2 VEGETABLES:** Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, LF Cole Slaw  
**PICK 1 FRUIT:** 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Can Fruit, Fresh Cantaloupe