



TWINSBURG WELLNESS & NUTRITION



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

SATURDAY, APRIL 25TH AT 10AM AT TIGER STADIUM

2015 TigerFit Fun Run



REGISTRATION FORMS
ON THE LUNCH MENU
WEB PAGE. DUE BY
APRIL 16TH

JOIN US AS WE
PARTNER WITH
THE EMERGENCY
ASSISTANCE
CENTER
TO HELP
STOP HUNGER!

PLEASE BRING ANY TYPE OF
CANNED FRUIT TO DONATE ON THE
DAY OF THE RACE.

Beginning in
April!



and Twinsburg Food Service brings you...

Tiger Breakfast Rewards

Tiger Breakfast - a Great Start for your Brain and your Body!

Now even better with Tiger Breakfast Rewards

The more times you eat School Breakfast the more chances you get to win COOL monthly prizes!



Don't miss out on
great nutrition and
great fun!



RBC MIDDLE 2014-15 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:
\$2.85

MARCH 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 (Beginning) March 2nd	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: STRAWBERRIES 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: CANTALOUPE or Fruit Options	W.W. PENNE PASTA WITH CHICKEN ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET 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: MASHED POTATOES PICK 1: APPLES W/ CARAMEL OR Fruit Options	CHICKEN BACON MOZZ. SUB ON A WW HOAGIE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 1: Fruit Options BONUS—Reduced Sugar Fruit Roll-up
WEEK 3 (Beginning) March 9th	4 FRENCH TOAST STIX W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 1: CANTALOUPE or Fruit Options	5 WHOLE GRAIN MINI CORN DOGS or GOURMET 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	BBQ RIB SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND PICK 1: RED SEEDLESS GRAPES OR Fruit Options BONUS—FORTUNE COOKIE
WEEK 4 (Beginning) March 16th	SALISBURY STEAK W/ HOT BUTTERED BREADSTICK or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES W/ GRAVY PICK 1: STRAWBERRIES 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: CANTALOUPE or Fruit Options	MEATBALL SUB W/ MOZZ ON A HOAGIE or GOURMET PIZZA OR ALTERNATE ENTREE 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: SPICY SWEET POTATO FRIES PICK 1: APPLES W/ CARAMEL	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options
WEEK 1 (Beginning) March 23rd	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: CANTALOUPE or Fruit Options	GENERAL TSO (SPICY SWEET) POPCORN CHICKEN OVER RICE or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI 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: Fruit Options

GREEN PRINT INDICATES VEGETARIAN OPTION

4 OZ 100% JUICES ARE AVAILABLE AS SIDE DISH ON MONDAYS, WEDS. AND FRIDAYS

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

The USDA is an equal opportunity provider and employer.

RBC MIDDLE 2014-15 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:
\$2.85

MARCH and APRIL 2015

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 2 (Beginning)

March 30th—
April 3rd

BREAKFAST BAGEL
(egg, cheese, bacon or TURKEY sausage)
or PEPPERONI OR CHEESE PIZZA
PICK 2: VEGETABLES
SEASONED WEDGE FRIES
PICK 1: STRAWBERRIES
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: CANTALOUPE
or Fruit Options

W.W. PENNE PASTA WITH CHICKEN ALFREDO OR **MARINARA**
W/ GARLIC BREAD ROLL
or GOURMET 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:
MASHED POTATOES
PICK 1: APPLES W/ CARAMEL
OR Fruit Options

April 3rd
SPRING BREAK BEGINS



SPRING BREAK...APRIL 3RD—10TH

WEEK 3 (Beginning)

April 13th

4 FRENCH TOAST STIX
W/ SYRUP
with 2 Slices of Fried Ham
or PEPPERONI OR CHEESE PIZZA
OR ALTERNATE ENTREE
PICK 2: VEGETABLES
TATOR TOTS
PICK 1: STRAWBERRIES
OR Fruit Options

TACO TUESDAYS
2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce
PICK 2: Vegetables
(BUTTERED CORN)
PICK 1: CANTALOUPE
or Fruit Options

5 WHOLE GRAIN MINI CORN DOGS
or GOURMET 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

BBQ RIB SANDWICH
or PEPPERONI OR CHEESE PIZZA
or ALTERNATE ENTRÉE
PICK 2: VEGETABLES
OVEN BAKED CURLY FRIES
CALIFORNIA VEGETABLE BLEND
PICK 1: RED SEEDLESS GRAPES
OR Fruit Options
BONUS—FORTUNE COOKIE

WEEK 4 (Beginning)

April 20th

SALISBURY STEAK W/ HOT BUTTERED BREADSTICK
or PEPPERONI OR CHEESE PIZZA
OR ALTERNATE ENTRÉE
PICK 2: VEGETABLES
MASHED POTATOES W/ GRAVY
PICK 1: STRAWBERRIES
OR Fruit Options

TACO TUESDAYS
WALKING TACO
(TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS)
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce
OR ALTERNATE ENTREE
PICK 2: Vegetables
(CHEESY CRUNCHY REFRIED BEANS)
PICK 1: Cantaloupe or Fruit Options
BONUS—GIANT GOLDFISH GRAHAM

CHICKEN PARMESAN WITH GARLIC BREADSTICK
or GOURMET PIZZA
OR ALTERNATE ENTREE
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:
SPICY SWEET POTATO FRIES
PICK 1: APPLES W/ CARAMEL
OR Fruit Options

GRILLED CHEESE SANDWICH
OR SLOPPY JOE SANDWICH
OR NEW PEPPERONI & CHEESE PIZZA POCKETS
or ALTERNATE ENTRÉE
PICK 2: VEGETABLES
OVEN BAKED CURLY FRIES
PICK 1: Fruit Options

WEEK 1 (Beginning)

April 27th—
May 1st

PILLSBURY MINI PANCAKES
with 2 Slices of Fried Ham
or PEPPERONI OR CHEESE PIZZA
OR ALTERNATE ENTRÉE
PICK 2: VEGETABLES
TATOR TOTS
PICK 1: STRAWBERRIES
OR Fruit Options

TACO TUESDAYS
2 CRUNCHY OR SOFT TACOS WITH TOPPINGS
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce
OR ALTERNATE ENTREE
PICK 2: Vegetables
(BUTTERED CORN)
PICK 1: CANTALOUPE
or Fruit Options

NEW GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON
or GOURMET PIZZA
or ALTERNATE ENTRÉE
PICK 2: VEGETABLES:
STEAMED BROCCOLI W/ CHEESE
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: Fruit Options

GREEN PRINT INDICATES VEGETARIAN OPTION

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