



# TWINSBURG WELLNESS & NUTRITION



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



JOIN US SATURDAY, **APRIL 23RD** FROM 10AM—NOON  
AT TIGER STADIUM FOR THE 9TH ANNUAL

## TIGER SPIRIT RUN

● **NEW THIS YEAR—TIGER COSTUME/MAKE-UP CONTEST**— WE ENCOURAGE COSTUMES, MAKE-UP, ETC. TO MAKE YOURSELF THE BEST TIGER YOU CAN BE! TOP STUDENT CONTESTANTS WILL BE ENTERED INTO A RAFFLE FOR ONE OF OUR THREE JUMBO 30" WILD REPUBLIC STUFFED TIGERS COMPLIMENTS OF K & M INTERNATIONAL (SEE PHOTO BELOW). WATCH FOR THE TIGER IN YOUR SCHOOL CAFETERIA IN THE MONTHS OF MARCH AND APRIL. WE ENCOURAGE ADULTS TO DRESS UP AS WELL!

● **ALSO NEW THIS YEAR**—TRAVELING TROPHY TO THE SCHOOL (WILCOX, BISSELL, DODGE) WITH THE LARGEST % OF PARTICIPATION AND KID'S PARTICIPATION AWARDS

● 1 MILE OR 2 MILE OPTION

● COME MEET OUR TIGER MASCOT "**TWINNY**" **AND GET A PHOTO WITH HIM.**

● FREE FRUIT, WATER AND SNACKS

Don't miss this great morning of fun and fitness!





# RBC MIDDLE 2015-16 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 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>February 29th—</b> <b>March 4th</b>	<b>4 FRENCH TOAST STIX</b> 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	<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: FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC TOAST</b> or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: GREEN BEANS PICK 1: BANANA w/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>5 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	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: ORANGE WEDGES or Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 4 (Beginning)</b> <b>March 7th</b>	<b>CHICKEN BACON MOZZ. SUB</b> or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<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: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>6 BBQ MEATBALLS w/ LGE HOT SOFT PRETZEL</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS / 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 PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: ORANGE WEDGES OR Fruit Options FORTUNE COOKIE
<b>WEEK 1 (Beginning)</b> <b>March 14th</b>	<b>PILLSBURY MINI PANCAKES</b> 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	<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: FRESH CANTALOUPE or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES <b>CRUNCHY CINNAMON SUGAR CHICKPEAS</b> PICK 1: BANANA w/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	<b>5 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 MASHED POTATOES / GRAVY PICK 1: APPLES w/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER ON A W.W. BUN</b> <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI w/ CHEESE PICK 1: ORANGE WEDGES or Fruit Options
<b>WEEK 2 (Beginning)</b> <b>March 21st</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES 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: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>HOT TURKEY &amp; SWISS OR HAM &amp; SWISS ON A CROISSANT OR PRETZEL BUN</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES— GREEN BEANS TATOR TOTS PICK 1: BANANA w/ CHOC SYRUP OR Fruit <b>BONUS – CHOCOLATE CHIP 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: <b>SWEET POTATO CRISP</b> PICK 1: APPLES w/ CARAMEL OR Fruit Options	<b>SPRING BREAK BEGINS MARCH 25TH</b>  <b>NO SCHOOL!</b>

**SPRING BREAK—MARCH 25TH—APRIL 1ST - NO SCHOOL!**

**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



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Students must take at least one fruit or vegetable.

LUNCH  
PRICE:  
**\$2.85**

## FEBRUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b>  <b>February 1st</b>	<b>4 FRENCH TOAST STIX</b> 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	<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: FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	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 <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>BBQ RIB SANDWICH</b>  OR PEPPERONI 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>
<b>WEEK 4 (Beginning)</b>  <b>February 8th</b>	<b>CHICKEN BACON MOZZ. SUB</b> or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>PASTA BAR</b> W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or GOURMET PIZZA 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>February 12th</b>  <b>NO SCHOOL!</b>
<b>WEEK 1 (Beginning)</b>  <b>February 15th</b>	<b>President's Day</b>  <b>NO SCHOOL!</b>	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 1: FRESH CANTALOUPE or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 5 POTATO SMILES <b>CRUNCHY CINNAMON SUGAR CHICKPEAS</b> 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 MASHED POTATOES / GRAVY PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> 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
<b>WEEK 2 (Beginning)</b>  <b>February 22nd—</b>  <b>February 26th</b>	<b>NEW BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES 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 ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 1: FRESH CANTALOUPE or Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE 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: <b>SWEET POTATO CRISP</b> PICK 1: APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE</b> or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>

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The USDA is an equal opportunity provider and employer.