



# TWINSBURG WELLNESS – OCTOBER 2013 – 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. <a href="#">Click here for Breakfast Info and Menu</a></p>	<p>1 <b>WORLD VEGETARIAN DAY</b> NACHOS W/ REAL NACHO CHEESE SAUCE OR HOMEMADE BLACK BEAN BURGER or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BLACK BEANS AND RICE) PICK 1: Fruit Options</p>	<p>2 <b>BACON CHEESE BURGER</b> or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>3 <b>IT'ZA ITALIA</b> CHICKEN PARMESAN SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options</p>	<p>4 (4) <b>FRENCH TOAST STIX</b> W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>All lunches include a Fat-free Choc, Skim or 1% Milk Milk offered for .50 cents 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>9 <b>POPCORN CHICKEN</b> WITH W.W.MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>10 <b>TACO TUESDAYS</b> 2 <b>SOFT TACOS WITH TOPPINGS</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>11 <b>TURKEY &amp; GRAVY W/ ROLL</b> or W. W. GOURMET PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY FRESH STEAMED BROCCOLI PICK 1: Fruit Options <b>BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</b></p>	<p>12 <b>IT'ZA ITALIA</b> W.W. <b>PENNE PASTA</b> WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (GREEN BEANS) PICK 1: Fruit Options</p>	<p>13 <b>GENERAL TSO'S CHICKEN</b> W/ W.G. RICE W/ &amp; FORTUNE COOKIE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (ORIENTAL VEGETABLES) PICK 1: Fruit Options</p>	<p><b>ALTERNATE ENTREES</b> Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES OR WRAPS</p>
<p>14 (8) <b>W.G. CHICKEN FRIES</b> WITH W.W.DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>15 <b>TACO TUESDAYS</b> NACHOS W/ BEEF &amp; REAL NACHO CHEESE SAUCE or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CRISPY CINNAMON CHICKPEA SNACK) PICK 1: Fruit Options</p>	<p>16 <b>6 WHOLE GRAIN MINI CORN DOGS</b> or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (5) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options <b>FRUIT PUNCH JELLO (100% JUICE)</b></p>	<p>17 <b>IT'ZA ITALIA</b> CHICKEN PARMESAN with WW Garlic Breadstick or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options</p>	<p>18 <b>NEOEADAY NO SCHOOL!</b></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. <b>HealthierUS School</b></p>
<p>21 <b>POPCORN CHICKEN</b> WITH W.W.MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>22 <b>TACO TUESDAYS</b> 2 Whole Grain <b>CHICKEN OR CHEESE QUESIDILLA</b> W/ TOPPINGS or W.W. (2) <b>HOMEMADE CHEESY BREADSTICKS / sce</b> PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>23 <b>CHICKEN BACON MOZZ SUB ON WW HOAGIE</b> or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES CAJUN SEASONED WEDGE FRIES FRESH STEAMED BROCCOLI PICK 1: Fruit Options <b>Bonus – Mini Rice Krispie Treat</b></p>	<p>24 <b>IT'ZA ITALIA</b> W.W. <b>PENNE PASTA</b> WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (GREEN BEANS) PICK 1: Fruit Options</p>	<p>25 <b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b> (egg, cheese, <b>bacon or sausage</b>) or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p><b>FRUIT &amp; VEG OPTIONS: Monday, Wednesday, Friday</b> 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 &amp; Canned Mandarin Oranges, Ass't'd Can Fruit,</p>
<p>28 (8) <b>W.G. CHICKEN FRIES</b> WITH W.W.DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>29 <b>TACO TUESDAYS</b> TACO SALAD W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>30 <b>NEW</b> PRETZEL BUN GRILLED CHEESE SANDWICH or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>31 <b>HALLOWEEN</b> MEATBALL SUB W/ CHEESE ON A WW HOAGIE BUN or WW (2) CHEESY BREADSTICKS w/ sce OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options <b>ORANGE SORBET (100% JUICE)</b></p>	<p><b>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</b> 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, <b>Strawb</b>, Fresh Oranges, Canned Pineapple &amp; Canned Mandarin Oranges, Ass't'd Canned Fruit</p>	

This institution is an equal opportunity provider.



# TWINSBURG WELLNESS – SEPTEMBER 2013 – R.B.C. MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p><b>LABOR DAY NO SCHOOL!</b></p>	<p>3 <b>TACO TUESDAYS</b>  <b>TACO SALAD BAR OR NACHO SUPREME BAR</b>            or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: Vegetables</b>            REFRIED BEANS WITH CHEESE  <b>PICK 1: Fruit Options</b></p>	<p>4 <b>BACON CHEESE BURGER</b>            or W. W. GOURMET PIZZA OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            (OVEN BAKED CURLY FRIES)  <b>PICK 1: Fruit Options</b></p>	<p>5 <b>ITZA ITALIA</b>  <b>MEATBALL SUB W/ CHEESE ON A WW HOAGIE BUN</b>            or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            W.W. PASTA W/ MARINARA SAUCE  <b>PICK 1: Fruit Options</b></p>	<p>6 <b>(4) FRENCH TOAST STIX</b>            W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            ((2) POTATO TRIANGLES)  <b>PICK 1: Fruit Options</b></p>	<p><b>LUNCH PRICE: \$2.75</b>            All lunches include a Fat-free Choc, Skim or 1% Milk            Milk offered for .50 cents            Prepay for 5 lunches for 13.75 or 10 lunches for \$27.50. Reduced-price pre-paid lunches for \$2.00.</p>
<p>9 <b>POPCORN CHICKEN</b>            WITH W.W. MINI HOT SOFT PRETZEL            or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA            Or Alternate Entrée  <b>PICK 2: Vegetables</b>            (BBQ BAKED BEANS)  <b>PICK 1: Fruit Options</b></p>	<p>10 <b>TACO TUESDAYS</b>  <b>2 SOFT TACOS WITH TOPPINGS</b>            or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: Vegetables</b>            (BUTTERED CORN)  <b>PICK 1: Fruit Options</b></p>	<p>11 <b>TURKEY &amp; GRAVY W/ ROLL</b>            or W. W. GOURMET PIZZA or Alternate Entrée  <b>PICK 2: VEGETABLES</b>            MASHED POTATOES W/GRVY FRESH STEAMED BROCCOLI  <b>PICK 1: Fruit Options</b>  <b>BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</b></p>	<p>12 <b>ITZA ITALIA</b>  <b>W.W. PENNE PASTA</b> WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            (GREEN BEANS)  <b>PICK 1: Fruit Options</b></p>	<p>13 <b>GENERAL TSO'S CHICKEN</b>            W/ W.G. RICE W/ &amp; FORTUNE COOKIE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            (ORIENTAL VEGETABLES)  <b>PICK 1: Fruit Options</b></p>	<p><b>ALTERNATE ENTREES</b>            Breaded Chicken Sandwiches (W.W.)            Cheeseburger (W.W.)            ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES OR WRAPS</p>
<p>16 <b>(8) W.G. CHICKEN FRIES</b>            WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée  <b>PICK 2: VEGETABLES</b>            MASHED POTATOES W/GRVY  <b>PICK 1: Fruit Options</b></p>	<p>17 <b>TACO TUESDAYS</b>  <b>TACO SALAD BAR OR NACHO SUPREME BAR</b>            or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: Vegetables</b>            (CRISPY CINNAMON CHICKPEA SNACK)  <b>PICK 1: Fruit Options</b></p>	<p>18 <b>6 WHOLE GRAIN MINI CORN DOGS</b>            or W. W. GOURMET PIZZA OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            (4) POTATO SMILES FRESH STEAMED BROCCOLI  <b>PICK 1: Fruit Options</b></p>	<p>19 <b>ITZA ITALIA</b>  <b>CHICKEN PARMESAN</b> with WW Garlic Breadstick or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            W.W. PASTA W/ MARINARA SAUCE GREEN BEANS  <b>PICK 1: Fruit Options</b></p>	<p>20 <b>(9) MINI PANCAKES W/ SYRUP</b>            with 2 Slices of Fried Ham or W.W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            ((2) POTATO TRIANGLES)  <b>PICK 1: Fruit Options</b></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>23 <b>POPCORN CHICKEN</b>            WITH W.W. MINI HOT SOFT PRETZEL            or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA            Or Alternate Entrée  <b>PICK 2: Vegetables</b>            (BBQ BAKED BEANS)  <b>PICK 1: Fruit Options</b></p>	<p>24 <b>TACO TUESDAYS</b>  <b>2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS</b>            or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce  <b>PICK 2: Vegetables</b>            (BUTTERED CORN)  <b>PICK 1: Fruit Options</b></p>	<p>25 <b>CHICKEN BACON MOZZ SUB ON WW HOTDOG</b>            or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            CAJUN SEASONED WEDGE FRIES GREEN BEANS  <b>PICK 1: Fruit Options</b></p>	<p>26 <b>ITZA ITALIA</b>  <b>W.W. PENNE PASTA</b> WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            (GREEN BEANS)  <b>PICK 1: Fruit Options</b></p>	<p>27 <b>NEW</b>  <b>WHITE WHOLE GRAIN BREAKFAST BAGEL</b>            (egg, cheese, bacon or sausage) or W.W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE  <b>PICK 2: VEGETABLES</b>            ((2) POTATO TRIANGLES)  <b>PICK 1: Fruit Options</b></p>	<p>Students must select a minimum of 3 items to qualify as a reimbursable lunch!            Students must take at least one fruit or vegetable.</p>
<p>30 <b>(8) W.G. CHICKEN FRIES</b>            WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée  <b>PICK 2: VEGETABLES</b>            MASHED POTATOES W/GRVY  <b>PICK 1: Fruit Options</b></p>	<p><b>FRUIT &amp; VEG OPTIONS: Monday, Wednesday, Friday</b>  <b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, LF Cole Slaw  <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 Canned Fruit, Fresh Watermelon</p>		<p><b>FRUIT &amp; VEG OPTIONS: Tuesday and Thursdays</b>  <b>PICK 2 VEGETABLES:</b> Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots  <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>		



# TWINSBURG WELLNESS – AUGUST 2013 – R.B.C. MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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. Our menus and USDA's Choose MyPlate encourages students and adults to:

- Make half your plate veggies and fruits.
- Make at least half your grains whole grain.
- Choose Fat-Free Flavored Milk and 1% Low Fat Milk.
- Decrease Sweets and Refined Sugars

Our menus also provide all the essential nutrients and vitamins and meet the guidelines for fat (less than 30% of calories) and saturated fat (less than 10% of calories).

**A student must select a minimum of 3 items to qualify as a reimbursable lunch!**

**Students must take at least one fruit or vegetable.**

**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, Asst'd Canned Fruit, Fresh Watermelon

**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, Asst'd Canned Fruit

**LUNCH PRICE: \$2.75**  
All lunches include a Fat-free Choc, Skim or 1% Milk  
Milk offered for .50 cents  
Prepay for 5 lunches for 13.75  
or 10 lunches for \$27.50. R educed-price pre-paid lunches for \$2.00.

**20 TACO TUESDAYS**  
**TACO SALAD BAR OR NACHO SUPREME BAR**  
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: Vegetables**  
REFRIED BEANS WITH CHEESE  
**PICK 1: Fruit Options**

**21 NEW**  
**6 WHOLE GRAIN MINI CORN DOGS**  
or W. W.GOURMET PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
(4) POTATO SMILES  
FRESH STEAMED BROCCOLI  
**PICK 1: Fruit Options**

**22 ITZA ITALIA**  
**CHICKEN PARMESAN SANDWICH**  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
W.W. PASTA W/ MARINARA SAUCE  
GREEN BEANS  
**PICK 1: Fruit Options**

**23 (9) MINI PANCAKES W/ SYRUP**  
with 2 Slices of Fried Ham  
or W.W.W PEPPERONI OR CHEESE PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
(2) POTATO TRIANGLES)  
**PICK 1: Fruit Options**

**ALTERNATE ENTREES**  
Breaded Chicken Sandwiches (W.W.)  
Cheeseburger (W.W.)  
ENTRÉE SALADS W/ BREADSTICK & COLD SANDWICHES OR WRAPS

**26 (8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL**  
or W. W. PEPPERONI OR CHEESE PIZZA  
or Alternate Entrée  
**PICK 2: VEGETABLES**  
MASHED POTATOES W/GRVY  
**PICK 1: Fruit Options**

**27 TACO TUESDAYS**  
**JUMBO CRUNCHY TACO W/ TOPPINGS**  
WITH FUNSIZE DORITOS  
or (2) (W.W.) HOMEMADE CHEESYBREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: Vegetables**  
(BUTTERED CORN)  
**PICK 1: Fruit Options**

**28 BBQ RIB SANDWICH**  
or W. W. GOURMET PIZZA  
OR ALTERNATE ENTRÉE  
**PICK 2: VEGETABLES**  
OVEN BAKED CURLY FRIES  
BBQ BAKED BEANS  
**PICK 1: Fruit Options**  
**Bonus – Mini Rice Krispie Treat**

**29 ITZA ITALIA**  
**W.W. PENNE PASTA WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL**  
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
(GREEN BEANS)  
**PICK 1: Fruit Options**

**30 NEW**  
**WHITE WHOLE GRAIN BREAKFAST BAGEL**  
(egg, cheese, bacon or sausage)  
or W.W.W PEPPERONI OR CHEESE PIZZA  
OR ALTERNATE ENTREE  
**PICK 2: VEGETABLES**  
(2) POTATO TRIANGLES)  
**PICK 1: Fruit Options**

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**HealthierUS School**