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
Breakfast now available daily. Click here for Breakfast Info and Menu	1 WORLD VEGETARIAN DAY 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 Ontions	2 BACON CHEESE BURGER or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options	3 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 Ontions	4 (4) FRENCH TOAST STIX 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	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. Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.
POPCORN CHICKEN 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	10 TACO TUESDAYS 2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESYBREADSTICKS W/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options	TURKEY & GRAVY W/ ROLL or W. W. GOURMET PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY FRESH STEAMED BROCCOLI PICK 1: Fruit Options BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES	12 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	GENERAL TSO'S CHICKEN W/W.G. RICE W/ & FORTUNE COOKIE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (ORIENTAL VEGETABLES) PICK 1: Fruit Options	ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS
14 (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	15 TACO TUESDAYS NACHOS W/ BEEF & 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	16 6 WHOLE GRAIN MINI CORN DOGS or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (5) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE)	17 ITZA ITALIA 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	NEOEA DAY NO SCHOOL!	Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required. HealthierUS School
POPCORN CHICKEN 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	22 TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options	23 CHICKEN BACON MOZZ SUB ON WW HOAGIE or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES CAJUN SEASONED WEDGE FRIES FRESH STEAMED BROCCOLI PICK 1: Fruit Options Bonus – Mini Rice Krisnie Treat	24 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	25 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	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 Can Fruit,
28 (8) W.G. CHICKEN FRIES	29 TACO TUESDAYS TACO SALAD W/	30 NEW PRETZEL BUN GRILLED	31 HALLOWEEN MEATBALL SUB W/ CHEESE ON	FRUIT & VEG OPTIONS: Tuesday and Thursdays PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta,	

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

TOPPINGS

or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

PICK 2: Vegetables

(REFRIED BEANS WITH CHEESE) **PICK 1: Fruit Options**

CHEESE SANDWICH or W. W.GOURMET PIZZA OR ALTERNATE ENTREE

PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES)

PICK 1: Fruit Options

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 ORANGE SORBET (100% JUICE) 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

This institution is an equal opportunity provider.

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



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY TACO TUESDAYS ITZA ITALIA **MEATBALL SUB W/ CHEESE LUNCH PRICE: \$2.75 BACON CHEESE BURGER** (4) FRENCH TOAST STIX TACO SALAD BAR OR ON A WW HOAGIE BUN W/ SYRUP w/ 2 Slices of Fried Ham All lunches include a or W. W.GOURMET PIZZA LABOR DAY NACHO SUPREME BAR or W.W. (2) HOMEMADE CHEESY OR ALTERNATE ENTREE or W. W. PEPPERONI Fat-free Choc, Skim or 1% Milk or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce **PICK 2: VEGETABLES OR CHEESE PIZZA** Milk offered for .50 cents NO SCHOOL! **BREADSTICKS w/ sauce** OR ALTERNATE ENTREE OR ALTERNATE ENTREE (OVEN BAKED CURLY FRIES) Prepay for 5 lunches for 13.75 OR ALTERNATE ENTREE **PICK 2: VEGETABLES** PICK 2: VEGETABLES or 10 lunches for \$27.50. R educed-PICK 1: Fruit Options PICK 2: Vegetables W.W. PASTA W/ MARINARA SAUCE ((2) POTATO TRIANGLES) price pre-paid lunches for \$2.00. REFRIED BEANS WITH CHEESE PICK 1: Fruit Options PICK 1: Fruit Options PICK 1: Fruit Options 0 ITZA ITALIA 11 12 13 10 TACO TUESDAYS ALTERNATE ENTREES W.W. PENNE PASTA WITH POPCORN CHICKEN **2 SOFT TACOS WITH TURKEY & GRAVY W/ ROLL GENERAL TSO'S CHICKEN Breaded Chicken Sandwiches** or W. W. GOURMET PIZZA 3 MEATBALLS, ALFREDO OR W/ W.G. RICE W/ & FORTUNE COOKIE WITH W.W.MINI HOT SOFT **TOPPINGS** MARINARA W/ GARLIC BREAD ROLL or W. W. PEPPERONI (W.W.) PRETZEL or Alternate Entrée or (2) (W.W.) HOMEMADE or W.W. (2) HOMEMADE CHEESY or WHITE WHOLE WHEAT PEPPERONI OR **PICK 2: VEGETABLES** OR CHEESE PIZZA Cheeseburger (W.W.) CHEESYBREADSTICKS w/ sauce BREADSTICKS w/ sauce CHEESE PIZZA OR ALTERNATE ENTREE MASHED POTATOES W/GRVY ENTRÉE SALADS W Or Alternate Entrée OR ALTERNATE ENTREE OR ALTERNATE ENTREE FRESH STEAMED BROCCOLI PICK 2: VEGETABLES **BREADSTICK** PICK 2: Vegetables PICK 2: VEGETABLES PICK 2: Vegetables PICK 1: Fruit Options (ORIENTAL VEGETABLES) & COLD SUB SANDWICHES OR (BUTTERED CORN) (BBQ BAKED BEANS) (GREEN BEANS) **BONUS - GRIPZ W.W. CHOCOLATE CHIP** PICK 1: Fruit Options PICK 1: Fruit Options PICK 1: Fruit Options PICK 1: Fruit Options **WRAPS GRAHAM COOKIES** 16 17 TACO TUESDAYS 18 ITZA ITALIA 20 Our menus are planned (8) W.G. CHICKEN FRIES 6 WHOLE GRAIN MINI **CHICKEN PARMESAN with** by Registered Dietitian (9) MINI PANCAKES W/ SYRUP TACO SALAD BAR OR **CORN DOGS** Mark Bindus and are WITH W.W.DINNER ROLL **WW Garlic Breadstick** with 2 Slices of Fried Ham NACHO SUPREME BAR or W. W.GOURMET PIZZA or W.W.W PEPPERONI OR CHEESE PIZZA or W. W. PEPPERONI OR CHEESE PIZZA or W.W. (2) HOMEMADE CHEESY certified by the USDA to or (2) (W.W.) HOMEMADE CHEESY OR ALTERNATE ENTREE or Alternate Entrée OR ALTERNATE ENTREE BREADSTICKS w/ sauce meet or exceed the **BREADSTICKS w/ sauce** OR ALTERNATE ENTREE PICK 2: VEGETABLES **PICK 2: VEGETABLES PICK 2: VEGETABLES** highest standards OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) MASHED POTATOES W/GRVY (4) POTATO SMILES required. PICK 2: Vegetables W.W. PASTA W/ MARINARA SAUCE PICK 1: Fruit Options PICK 1: Fruit Options FRESH STEAMED BROCCOLI (CRISPY CINNAMON CHICKPEA SNACK) **GREEN BEANS** PICK 1: Fruit Options PICK 1: Fruit Options **HealthierUS School** PICK 1: Fruit Options 23 TACO TUESDAYS 25 26 ITZA ITALIA **NEW** Students must select a POPCORN CHICKEN 2 Whole Grain CHICKEN OR **CHICKEN BACON MOZZ SUB** W.W. PENNE PASTA WITH WHITE WHOLE GRAIN minimum of 3 items to **CHEESE QUESIDILLA W/ TOPPINGS** ON WW HOTDOG MEAT. ALFREDO OR MARINARA **BREAKFAST BAGEL** WITH W.W.MINI HOT SOFT qualify as a

PRETZEL

or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA

Or Alternate Entrée

PICK 2: Vegetables

(BBQ BAKED BEANS)

PICK 1: Fruit Options

or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce

PICK 2: Vegetables

(BUTTERED CORN) **PICK 1: Fruit Options**

or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

PICK 2: VEGETABLES CAJUN SEASONED WEDGE FRIES

GREEN BEANS

PICK 1: Fruit Options

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

(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

reimbursable lunch! Students must take at least one fruit or vegetable.

30

(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

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

PICK 1 FRUIT: Sliced Bananas w/ Choc Svrup. Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Asst'd Canned Fruit

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

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 educedprice pre-paid lunches for \$2.00.

PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options

20 TACO TUESDAYS

TACO SALAD BAR OR **NACHO SUPREME BAR**

or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

JUMBO CRUNCHY TACO

W/ TOPPINGS

WITH FUNSIZE DORITOS

or (2) (W.W.) HOMEMADE

CHEESYBREADSTICKS w/ sauce

OR ALTERNATE ENTREE

PICK 2 Vegetables REFRIED BEANS WITH CHEESE PICK 1: Fruit Options

TACO TUESDAYS

BBQ RIB SANDWICH

or W. W. GOURMET PIZZA OR ALTERNATE ENTRÉE

PICK 2: VEGETABLES BBQ BAKED BEANS

PICK 1: Fruit Options

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

(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 WI **BREADSTICK** & COLD SANDWICHES OR

WRAPS

(8) W.G. CHICKEN FRIES WITH W.W.DINNER ROLL

or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée

> PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options

NEW

6 WHOLE GRAIN MINI

CORN DOGS

or W. W.GOURMET PIZZA

OR ALTERNATE ENTREE

(4) POTATO SMILES

FRESH STEAMED BROCCOLI

PICK 2: VEGETABLES

PICK 1: Fruit Options

OVEN BAKED CURLY FRIES

Bonus - Mini Rice Krispie Treat

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

Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required.

HealthierUS School