



TWINSBURG WELLNESS – DECEMBER 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
2 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	3 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	4 BACON CHEESE BURGER ON A W.W. BUN or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) (SUGAR SNAP PEA PODS) PICK 1: Fruit Options	5 ITZA ITALIAN 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 Bonus – Mini Rice Krispie Treat	6 (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. 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.
9 (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	10 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) PICK 1: Fruit Options	11 TURKEY & GRAVY OVER NOODLES or W. W.GOURMET PIZZA PICK 2: VEGETABLES CALIFORNIA VEG MIX 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	13 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WEDGE FRIES 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
16 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	17 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	18 6 WHOLE GRAIN MINI CORN DOGS or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (5) POTATO SMILES CALIFORNIA VEG MIX PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE)	19 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	20 PRETZEL BUN GRILLED CHEESE SANDWICH (W.W.) or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES FRESH STEAMED BROCCOLI W/ CHEESE SAUCE PICK 1: Fruit Options BONUS – FORTUNE COOKIE	The USDA is an equal opportunity provider and employer.

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



TWINSBURG WELLNESS – NOVEMBER 2013 – RBC MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE	
<p>Breakfast now available daily.</p> <p>Click here for Breakfast Info and Menu</p>	<p>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, LF Cole Slaw</p> <p>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</p>		<p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots</p> <p>PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit</p>		<p>1</p> <p>(4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (2) POTATO TRIANGLES)</p> <p>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>
100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS.						
<p>4</p> <p>POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée</p> <p>PICK 2: Vegetables (BBQ BAKED BEANS)</p> <p>PICK 1: Fruit Options</p>	<p>5</p> <p>ELECTION DAY</p> <p>NO SCHOOL!</p>	<p>6</p> <p>BACON CHEESE BURGER ON A W.W. BUN or W. W. GOURMET PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) (SUGAR SNAP PEA PODS)</p> <p>PICK 1: Fruit Options</p>	<p>7</p> <p>ITZA ITALIA CHICKEN PARMESAN SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS</p> <p>PICK 1: Fruit Options</p>	<p>8</p> <p>GENERAL TSO'S CHICKEN W/ W.G. RICE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (ORIENTAL VEGETABLES)</p> <p>PICK 1: Fruit Options</p> <p>BONUS HOMEMADE CHOCOLATE RICE KRISPIE TREAT</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>HealthierUS School</p>	
<p>11</p> <p>(8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES MASHED POTATOES W/GRVY</p> <p>PICK 1: Fruit Options</p>	<p>12</p> <p>TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (CRISPY CINNAMON CHICKPEA SNACK)</p> <p>PICK 1: Fruit Options</p>	<p>13</p> <p>BBQ RIB SANDWICH ON A W.W. HOAGIE or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) (BUTTERED CORN)</p> <p>PICK 1: Fruit Options</p>	<p>14</p> <p>ITZA ITALIA W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (GREEN BEANS)</p> <p>PICK 1: Fruit Options</p>	<p>15</p> <p>MACARONI & CHEESE (W.W.) or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 2: VEGETABLES FRESH STEAMED BROCCOLI</p> <p>PICK 1: Fruit Options</p> <p>BONUS – CHOCOLATE CHIP GRIPZ</p>		
<p>18</p> <p>POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée</p> <p>PICK 2: Vegetables (BBQ BAKED BEANS)</p> <p>PICK 1: Fruit Options</p>	<p>19</p> <p>TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce</p> <p>PICK 2: Vegetables (BUTTERED CORN)</p> <p>PICK 1: Fruit Options</p>	<p>20</p> <p>THANKSGIVING FEAST SLICED TURKEY W/ STUFFING AND A W.W. ROLL or W.W. PEPPERONI OR CHEESE PIZZA</p> <p>PICK 2: VEGETABLES MASHED POTATOES SWEET POTATOES</p> <p>PICK 1: Fruit Options</p> <p>BONUS – APPLE CRISP</p>	<p>21</p> <p>PRETZEL BUN GRILLED CHEESE SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES FRESH STEAMED BROCCOLI W/ CHEESE SAUCE</p> <p>PICK 1: Fruit Options</p>	<p>22</p> <p>(9) MINI PANCAKES W/ SYRUP with 2 Slices of Fried Ham or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</p> <p>PICK 2: VEGETABLES (2) POTATO TRIANGLES)</p> <p>PICK 1: Fruit Options</p>		
<p>25</p> <p>(8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée</p> <p>PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES)</p> <p>PICK 1: Fruit Options</p>	<p>26</p> <p>TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE</p> <p>PICK 2: Vegetables (REFRIED BEANS WITH CHEESE)</p> <p>PICK 1: Fruit Options</p>	<p>27</p> <p>THANKSGIVING</p>	<p>28</p> <p>BREAK</p>	<p>29</p> <p>NO SCHOOL!</p>		
						