



# TWINSBURG WELLNESS – NOVEMBER 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><b>FRUIT &amp; VEG OPTIONS:</b> Monday, Wednesday, Friday</p> <p><b>PICK 2 VEGETABLES:</b> Menueed 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 Can Fruit, Fresh Cantaloupe</p>		<p><b>FRUIT &amp; VEG OPTIONS:</b> Tuesday and Thursdays</p> <p><b>PICK 2 VEGETABLES:</b> Menueed 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>		<p>1 <b>(4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE</b> <b>PICK 2: VEGETABLES</b> (2) POTATO TRIANGLES <b>PICK 1:</b> 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 12.50 or 10 lunches for \$25.00. 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.</p>
<b>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS.</b>						
<p>4 <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:</b> Fruit Options</p>	<p>5 <b>ELECTION DAY</b>  <b>NO SCHOOL!</b></p>	<p>6 <b>BACON CHEESE BURGER</b> ON A W.W. BUN or W. W.GOURMET PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> (OVEN BAKED CURLY FRIES) (SUGAR SNAP PEA PODS) <b>PICK 1:</b> Fruit Options</p>	<p>7 <b>ITZA ITALIA CHICKEN PARMESAN SANDWICH</b> 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:</b> Fruit Options</p>	<p>8 <b>GENERAL TSO'S CHICKEN</b> W/ W.G. RICE or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> (ORIENTAL VEGETABLES) <b>PICK 1:</b> Fruit Options <b>BONUS HOMEMADE CHOCOLATE RICE KRISPIE TREAT</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>11 <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:</b> Fruit Options</p>	<p>12 <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:</b> Fruit Options</p>	<p>13 <b>BBQ RIB SANDWICH ON A W.W. HOAGIE</b> or W.W. PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> (OVEN BAKED CURLY FRIES) (BUTTERED CORN) <b>PICK 1:</b> Fruit Options</p>	<p>14 <b>ITZA ITALIA</b> 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 <b>PICK 2: VEGETABLES</b> (GREEN BEANS) <b>PICK 1:</b> Fruit Options</p>	<p>15 <b>MACARONI &amp; CHEESE (W.W.)</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce <b>PICK 2: VEGETABLES</b> FRESH STEAMED BROCCOLI <b>PICK 1: Fruit Options</b> <b>BONUS – CHOCOLATE CHIP GRIPZ</b></p>		
<p>18 <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:</b> Fruit Options</p>	<p>19 <b>TACO TUESDAYS</b> <b>2 Whole Grain CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 1:</b> Fruit Options</p>	<p>20 THANKSGIVING FEAST <b>SLICED TURKEY W/ STUFFING AND A W.W. ROLL</b> or W.W. PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> MASHED POTATOES BUTTERED CORN SWEET POTATOES <b>PICK 1: Fruit Options</b> <b>BONUS – APPLE CRISP</b></p>	<p>21 <b>PRETZEL BUN GRILLED CHEESE SANDWICH</b> or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE <b>PICK 2: VEGETABLES</b> FRESH STEAMED BROCCOLI W/ CHEESE SAUCE <b>PICK 1:</b> Fruit Options</p>	<p>22 <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:</b> Fruit Options</p>		
<p>25 <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> (OVEN BAKED CURLY FRIES) <b>PICK 1:</b> Fruit Options</p>	<p>26 <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:</b> Fruit Options</p>	<p>27 <b>THANKSGIVING</b></p>	<p>28 <b>BREAK</b></p>	<p>29 <b>NO SCHOOL!</b></p>		
						<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK &amp; COLD SUB SANDWICHES</p>





# 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>	