



TWINSBURG WELLNESS – NOVEMBER 2013 – RBC MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH PRICE: \$2.75

Breakfast now available daily.

[Click here for Breakfast Info and Menu](#)

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'd Can Fruit, Fresh Cantaloupe

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'td Canned Fruit

100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS.

1
(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.

4
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

5
ELECTION DAY

NO SCHOOL!

6
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

7
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

8
GENERAL TSO'S CHICKEN
W/ W.G. RICE
or W. W. PEPPERONI
OR CHEESE PIZZA
OR ALTERNATE ENTREE
PICK 2: VEGETABLES
(ORIENTAL VEGETABLES)
PICK 1: Fruit Options
BONUS HOMEMADE CHOCOLATE RICE KRISPIE TREAT

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

11
(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

12 **TACO TUESDAYS**
TACO SALAD BAR OR NACHO SUPREME BAR
or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce
OR ALTERNATE ENTREE
PICK 2: Vegetables
(CRISPY CINNAMON CHICKPEA SNACK)
PICK 1: Fruit Options

13
BBQ RIB SANDWICH ON A W.W. HOAGIE
or W.W. PEPPERONI OR CHEESE PIZZA
PICK 2: VEGETABLES
(OVEN BAKED CURLY FRIES)
(BUTTERED CORN)
PICK 1: Fruit Options

14
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
PICK 2: VEGETABLES
(GREEN BEANS)
PICK 1: Fruit Options

15
MACARONI & CHEESE (W.W.)
or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce
PICK 2: VEGETABLES
FRESH STEAMED BROCCOLI
PICK 1: Fruit Options
BONUS – CHOCOLATE CHIP GRIPZ

Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.

18
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

19 **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

20 **THANKSGIVING FEAST**
SLICED TURKEY W/ STUFFING AND A W.W. ROLL
or W.W. PEPPERONI OR CHEESE PIZZA
PICK 2: VEGETABLES
MASHED POTATOES
SWEET POTATOES
PICK 1: Fruit Options
BONUS – APPLE CRISP

21
PRETZEL BUN GRILLED CHEESE SANDWICH
or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce
OR ALTERNATE ENTREE
PICK 2: VEGETABLES
FRESH STEAMED BROCCOLI W/ CHEESE SAUCE
PICK 1: Fruit Options

22
(9) MINI PANCAKES W/ SYRUP
with 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

25
(8) W.G. CHICKEN FRIES
WITH W.W. DINNER ROLL
or W. W. PEPPERONI OR CHEESE PIZZA
or Alternate Entrée
PICK 2: VEGETABLES
(OVEN BAKED CURLY FRIES)
PICK 1: Fruit Options

26 **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

27
THANKSGIVING

28
BREAK

29
NO SCHOOL!





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. Click here for Breakfast Info and Menu</p>	<p>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 Options</p>	<p>2 BACON CHEESE BURGER or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>3 IT'ZA 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</p>	<p>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</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 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</p>	<p>10 TACO TUESDAYS 2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>11 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</p>	<p>12 IT'ZA 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</p>	<p>13 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</p>	<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS</p>
<p>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</p>	<p>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</p>	<p>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)</p>	<p>17 IT'ZA 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</p>	<p>18 NEOEADAY NO SCHOOL!</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. HealthierUS School</p>
<p>21 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</p>	<p>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</p>	<p>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 Krispie Treat</p>	<p>24 IT'ZA 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</p>	<p>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</p>	<p>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,</p>
<p>28 (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</p>	<p>29 TACO TUESDAYS 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 NEW 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 HALLOWEEN 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 ORANGE SORBET (100% JUICE)</p>	<p>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</p>	

This USDA is an equal opportunity provider and employer.