

# Timberlane High School

Welcome to our  
Lunch Cafe

1/1/2020 - 1/3/2020

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday



Spicy Chicken Tenders  
*whole muscle spicy chicken tenders*  
Fluffy Mashed Potatoes  
Cajun Maple Carrots

Homemade Shepherd's Pie  
*seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy* 🌱  
Homemade Garlic Bread

Garlic Cheese Biscuit



Pepperoni Calzone

Buffalo Chicken Calzone

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough



Mexican Salad  
*salad with beans, corn, sour cream, and salsa* 🌱 🌱

Crispy Tacos  
*homemade spicy taco meat inside a crispy taco shell topped with cheese*  
Brown Rice  
Sweet Corn

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,



Meatball Hero  
*freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella* 🌱 🌱  
Sweet Potato Fries

Fish Patty Melt Sandwich  
*crispy breaded Pollock topped with melted cheese served on a warm roll*  
Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Deli Bar  
Grilled Cheese Sandwich 🌱

Deli Bar  
Big Bird Panini 🌱

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and



Simply Boxed Vegan Hummus Pack  
*freshly packed meal with hummus, crispy pita chips, sunflower seeds and sliced vegetables* 🌱

Chicken Caesar Salad  
*fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls* 🌱

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll



Fresh Apple  
Chickpea Salad  
Homemade Lite Veggie Pasta Salad  
Sliced Peaches

Fresh Orange  
Garden Salad  
Diced Pear Cup  
Homemade Lite Veggie Pasta Salad

Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals



**SIMPLY ROOTED**  
*in food & family*

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at [www.whitsons.com](http://www.whitsons.com).

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.  
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

\*\*\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.



# Timberlane High School

Welcome to our  
Lunch Cafe

1/6/2020 - 1/10/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Pasta, Pasta, Pasta  
pasta with the sauce of  
your choice: Alfredo,  
marinara or bolognese  
Green Beans  
Homemade Garlic  
Bread

Meatloaf with Gravy  
savory beef meatloaf with  
a hearty brown gravy 🍴  
Fluffy Mashed  
Potatoes  
Cajun Maple Carrots  
Whole Wheat Dinner  
Roll

Steamed Dumplings  
stuffed dumplings perfect  
for dipping in your  
favorite Asian sauce 🍴  
Oriental Vegetable  
Blend  
Vegetable Egg Roll

Baked Chicken  
Glazed Carrots  
Fluffy Mashed  
Potatoes  
Garlic Cheese Biscuit

Ramen Noodle Bar  
create your own authentic  
ramen noodle soup bowl  
with assorted toppings



Margherita Pizza  
freshly prepared dough  
lightly brushed with garlic  
and oil, topped with  
tomato sauce, mozzarella  
cheese, fresh tomatoes  
and basil 🌱🍴

Homemade Chicken  
Parmesan Calzone  
freshly prepared dough  
lightly brushed with oil &  
garlic stuffed with chicken  
breast topped with tomato  
sauce, mozzarella &  
parmesan cheese 🍴

Chicken Florentine  
Pizza  
cheesy pizza slice topped  
with baby spinach and  
chicken 🍴

Homemade three  
Cheese Calzone  
calzone stuffed with three  
delicious melted  
cheeses 🍴

**Pepperoni  
Calzone**

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough



**MEATLESS MONDAY**

Mexican Salad  
salad with beans, corn,  
sour cream, and salsa  
🌱🍴  
Brown Rice  
Sweet Corn

Chicken Cheese  
Quesadilla  
hand crafted grilled flour  
tortilla filled with juicy  
chicken and melty  
cheese  
Brown Rice  
Sweet Corn

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese  
Brown Rice  
Sweet Corn

Ranch & Chicken  
Quesadilla  
homemade fiesta  
chicken, mozzarella and  
ranch dressing melted  
into a warm tortilla 🌱🍴  
Brown Rice

**BBQ Chicken  
Quesadilla**  
with  
Brown Rice  
Sweet Corn

Available Daily: Nachos, Crispy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,



Bacon Cheeseburger  
burger topped with  
cheese and bacon on a  
freshly toasted bun  
Baked Potato Wedges

Sausage, Egg and  
Cheese Sandwich  
a warm sandwich  
prepared in-house with  
savory sausage, fluffy  
eggs and melted cheese  
Sweet Potato Fries

Philly Cheese Steak  
thinly sliced beef topped  
with sauteed peppers,  
onions and melted  
cheese on a lightly  
toasted bun prepared in-  
house 🍴

Grilled Chicken  
Teriyaki Sandwich  
grilled chicken breast  
marinated in teriyaki  
sauce, topped with  
lettuce & tomato prepared  
in-house 🍴

Chicken Club  
Sandwich  
hand crafted sandwich  
with grilled chicken,  
crispy bacon, lettuce and  
juicy tomatoes 🍴  
Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Deli Bar  
Chicken Caesar Wrap  
🍴

Deli Bar  
Vegan Hummus Wrap  
🌱🍴

Deli Bar  
Grilled Ham & Cheese  
Sandwich 🍴

Deli Bar  
Grilled Cheese  
Sandwich 🌱

Deli Bar  
Sicilian Melt Panini 🍴

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and



Simply Boxed Vegan  
Hummus Pack  
freshly packed meal with  
hummus, crispy pita  
chips, sunflower seeds  
and sliced vegetables 🌱

Spinach Orange Salad  
with Dinner Rolls  
tossed fresh spinach,  
orange slices, onions and  
mushrooms, topped with  
shredded mozzarella 🌱

Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses 🍴

Antipasto Salad with  
Dinner Rolls  
salami, provolone, swiss  
cheese, garbanzo beans  
and fire roasted peppers  
over garden salad 🍴

House Chop Salad with  
Ham & Dinner Rolls  
ham, tomatoes, and red  
peppers on a bed of  
lettuce served with Italian  
dressing 🍴

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll



Fresh Granny Smith  
Apple  
Caesar Salad  
Sliced Peaches  
Homemade Lite Veggie  
Pasta Salad

Mixed Fruit  
Caesar Salad  
Homemade Lite Veggie  
Pasta Salad  
Sliced Peaches

Fresh Orange  
Garden Salad  
Diced Pear Cup  
Homemade Lite Veggie  
Pasta Salad

Fresh Melon Cup  
cubed fresh melon  
Garden Salad  
Diced Pear Cup  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Caesar Salad  
Sliced Peaches  
Homemade Lite Veggie  
Pasta Salad

Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals



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in food & family

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Spinach Salad with milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Bacon, Feta, and Onions Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice  
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Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

# Timberlane High School

Welcome to our  
Lunch Cafe

1/13/2020 - 1/17/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Chicken Nugget & Mozzarella Stick Combo  
*Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce*  
Fluffy Mashed Potatoes

Homemade Pasta & Meatballs  
*freshly baked meatballs with tomato sauce over pasta*  
Glazed Carrots

Chicken and Waffles  
*crispy chicken placed on top of fluffy waffles*  
Syrup  
Crispy Potato Puffs  
Sauteed Cinnamon Apple Slices

Cheesy Lasagna Roll-Ups  
*rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese.*  
Green Beans

Chicken with Gravy  
*roasted chicken covered with gravy*  
Fluffy Mashed Potatoes  
Green Beans  
Dinner Rolls  
Cranberry Sauce



Hand Crafted Three Cheese Pizza  
*fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses*

Homemade three Cheese Calzone  
*calzone stuffed with three delicious melted cheeses*

Homemade Meatball Calzone  
*fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and*

Sausage Pizza  
*traditional pizza slice topped with sausage*

Homemade Chicken Parmesan Calzone  
*freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &*

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough



Ranch & Chicken Quesadilla  
*homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla*  
Brown Rice

Beef & Bean Burrito with Brown Rice & Sweet Corn

Chicken Burrito with Brown Rice & Sweet Corn

Crispy Tacos  
*homemade spicy taco meat inside a crispy taco shell topped with cheese*  
Brown Rice  
Sweet Corn

Chicken Cheese Quesadilla  
*hand crafted grilled flour tortilla filled with juicy chicken and melty cheese*  
Brown Rice  
Sweet Corn

Available Daily: Nachos, Crispy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,



Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Sweet Potato Fries

Grilled Chicken Teriyaki Sandwich  
*grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house*

Philly Cheese Steak  
*thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house*

Bacon and Egg Sandwich  
*warm breakfast sandwich prepared in-house and topped with crisp bacon and fluffy cooked eggs*  
Sweet Potato Fries

Whole Grain Fish Sticks  
Whole Wheat Dinner Roll  
Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Deli Bar  
Tuna Salad Melt

Deli Bar  
Turkey & Cheese Panini

Deli Bar  
Vegetarian Hummus Wrap

Deli Bar  
Grilled Cheese Sandwich

Deli Bar  
Sicilian Melt Panini

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and



Greek Salad  
*romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions*

Cobb Salad  
*fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*

Greek Salad  
*romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions*

Antipasto Salad with Dinner Rolls  
*salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad*

House Chop Salad with Ham & Dinner Rolls  
*ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing*

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll



Mixed Fruit  
Caesar Salad  
Fresh Apple  
Homemade Lite Veggie Pasta Salad

Fresh Banana  
Fresh Melon Cup  
Sliced Peaches  
Homemade Lite Veggie Pasta Salad

Fresh Orange  
Sliced Peaches  
Caesar Salad  
Homemade Lite Veggie Pasta Salad

Applesauce  
Kiwi  
Chickpea Salad  
Homemade Lite Veggie Pasta Salad

Fresh Orange  
Mixed Fruit  
Fresh Melon Cup  
Caesar Salad

Salad Bar - a variety of Veggies, Legume, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals

**WHITSON'S** School Nutrition  
**SIMPLY ROOTED** in food & family  
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Vegetarian
 Made With Natural Ingredients
 Pork
 Smart Choice
 Made With Organic Ingredients

# Timberlane High School

Welcome to our  
Lunch Cafe

1/20/2020 - 1/24/2020

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday



Deli Open 10:45 until 11:15 on Exam Days



Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough



**MEATLESS MONDAY**

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,



**MEATLESS MONDAY**

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Deli Bar

Deli Bar

Deli Bar

Deli Bar



Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and



Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll



Salad Bar - a variety of Veggies, Legume, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals



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Vegetarian
 Made With Natural Ingredients
 Pork
 Smart Choice
 Made With Organic Ingredients

# Timberlane High School

Welcome to our  
Lunch Cafe

1/27/2020 - 1/31/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Homemade Chicken & Broccoli Alfredo  
grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🌱🌱  
Homemade Garlic Bread

Steak and Chicken Fajitas with Fiesta Corn

Chicken Pot Pie with Garlic and Cheese Biscuit

Pasta, Pasta, Pasta  
pasta with the sauce of your choice: Alfredo, marinara or bolognese  
Roasted Squash  
Homemade Garlic Bread

Baked Chicken  
Fluffy Mashed Potatoes  
Cajun Maple Carrots  
Dinner Rolls  
Cranberry Sauce



Margherita Pizza  
freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil 🌱🌱

Homemade Meatball Calzone  
fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and

Chicken Florentine Pizza  
cheesy pizza slice topped with baby spinach and chicken 🌱

Sausage Pizza  
traditional pizza slice topped with sausage 🌱

Pepperoni & Cheese Calzone

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough



Mexican Salad  
salad with beans, corn, sour cream, and salsa 🌱🌱  
Brown Rice  
Sweet Corn

Chicken Cheese Quesadilla  
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese  
Brown Rice  
Sweet Corn

Mexican Salad  
salad with beans, corn, sour cream, and salsa 🌱🌱  
Brown Rice  
Sweet Corn

Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese  
Brown Rice  
Sweet Corn

Ranch & Chicken Quesadilla  
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla 🌱  
Brown Rice

Available Daily: Nachos, Crispy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,



Bacon Cheeseburger  
burger topped with cheese and bacon on a freshly toasted bun  
Baked Potato Wedges

Sausage, Egg and Cheese Sandwich  
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese  
Sweet Potato Fries

Philly Cheese Steak  
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱

Turkey Hot Dog on Bun  
turkey hot dog on soft bun  
Sweet Potato Fries

Grilled Chicken Teriyaki Sandwich  
grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 🌱

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Deli Bar  
Chicken Caesar Wrap 🌱

Deli Bar  
Vegan Hummus Wrap 🌱🌱

Deli Bar  
Grilled Ham & Cheese Sandwich 🌱

Deli Bar  
Grilled Cheese Sandwich 🌱

Deli Bar  
Grilled Cheese Sandwich 🌱

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and



Simply Boxed Vegan Hummus Pack  
freshly packed meal with hummus, crispy pita chips, sunflower seeds and sliced vegetables 🌱

Spinach Orange Salad with Dinner Rolls  
tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella 🌱

Chef Salad  
fresh lettuce topped with sliced deli meats and cheeses 🌱🌱

Antipasto Salad with Dinner Rolls  
salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🌱🌱

Antipasto Salad with Dinner Rolls  
salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🌱🌱

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll



Fresh Granny Smith Apple  
Caesar Salad  
Sliced Peaches  
Homemade Lite Veggie Pasta Salad

Mixed Fruit  
Caesar Salad  
Homemade Lite Veggie Pasta Salad  
Sliced Peaches

Fresh Orange  
Garden Salad  
Diced Pear Cup  
Homemade Lite Veggie Pasta Salad

Applesauce  
Kiwi  
Chickpea Salad  
Homemade Lite Veggie Pasta Salad

Fresh Melon Cup  
cubed fresh melon  
Garden Salad  
Diced Pear Cup  
Homemade Lite Veggie Pasta Salad

Salad Bar - a variety of Veggies, Legume, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals



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