

Timberlane High School

Welcome to our
Lunch Cafe

10/1/2019 - 10/4/2019



Monday

Tuesday

Wednesday

Thursday

Friday

		Staff Development Day No School	Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken</i> 🌶️ Homemade Mac & Cheese 🌱🌶️ Homemade Garlic Bread Steamed Broccoli	Homemade Shepherd's Pie <i>seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy</i> 🌶️ Garlic Cheese Biscuit	Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> 🌱 Pasta with Sauce Roasted Squash Homemade Garlic Bread
			BBQ Chicken Pizza <i>fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro</i> 🌶️	Buffalo Chicken Calzone	Homemade Chicken Cordon Blue Calzone <i>garlic toasted whole grain calzone filled with chicken, ham, ricotta and melted cheeses</i> 🌱🌶️
Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough					
			Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Sweet Corn	Mexican Salad <i>salad with beans, corn, sour cream, and salsa</i> 🌶️🌱 Brown Rice Sweet Corn	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and					
			Sausage Onions & Peppers Sandwich <i>Italian sausage sandwich topped with sauteed onions and peppers</i> 🌶️ Sweet Potato Fries	BLT Burger <i>freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun</i> 🌶️ Sweet Potato Fries	Fish Patty Melt Sandwich <i>crispy breaded Pollock topped with melted cheese served on a warm roll</i> Sweet Potato Fries
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
			Deli Bar Buffalo Chicken Wrap 🌶️	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 wraps with					
			Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌶️	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> 🌱🌶️	Tuna Salad Plate <i>garden salad topped with freshly made tuna salad</i> 🌶️
Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll and your choice of fruit and					
			Fresh Banana Mixed Fruit Homemade Lite Veggie Pasta Salad Garden Salad	Fresh Granny Smith Apple Fresh Orange Kiwi Chickpea Salad Caesar Salad	Fresh Orange Mixed Fruit Homemade Lite Veggie Pasta Salad Fresh Grapes Garden Salad
Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.					

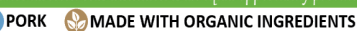


SIMPLY ROOTED
in food & family

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.

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

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Timberlane High School

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10/7/2019 - 10/11/2019

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	Chicken and Waffles crispy chicken placed on top of fluffy waffles ❤️ Crispy Potato Puffs Cinnamon Applesauce	Visiting Chef Rich	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 🍕	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍕	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil
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	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 Sweet Corn	Mexican Salad salad with beans, corn, sour cream, and salsa 🌱❤️🌱 Brown Rice Sweet Corn
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and					
	Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese 🍔 Baked Potato Wedges	Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw 🍔 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 🍔 Sweet Potato Fries	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Deli Bar Chicken Caesar Wrap 🌱🌱	Deli Bar Buffalo Chicken 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 wraps with					
	Tuna Salad Plate garden salad topped with freshly made tuna salad 🍷	Spinach Salad with Bacon, Feta, and Onions	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 and your choice of fruit and					
	Fresh Granny Smith Apple Applesauce Homemade Lite Veggie Pasta Salad Caesar Salad	Fresh Granny Smith Apple Mixed Fruit Homemade Lite Veggie Pasta Salad Caesar Salad	Fresh Orange Applesauce Homemade Lite Veggie Pasta Salad Garden Salad	Mixed Fruit Homemade Lite Veggie Pasta Salad Fresh Melon Cup Confetti Garbanzo Bean Salad Garden Salad	Applesauce Homemade Lite Veggie Pasta Salad Watermelon Slices Caesar 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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School Nutrition

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 VEGETARIAN

 MADE WITH NATURAL INGREDIENTS

 PORK

 MADE WITH ORGANIC INGREDIENTS

Timberlane High School

Welcome to our
Lunch Cafe

10/14/2019 - 10/18/2019

MEATLESS MONDAY









Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🍝🍷 Homemade Garlic Bread Glazed Carrots</p>	<p>Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷 Oven Baked Fries Baked Beans Garlic Cheese Biscuit</p>	<p>Cheesy Lasagna Roll-Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese. 🍷🍷❤️🍷 Green Beans Homemade Garlic Bread</p>	<p>Chicken Bowl with Gravy popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🍷 Dinner Rolls</p>
		<p>Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese 🍷🍷</p>	<p>BBQ Chicken Pizza fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro 🍷</p>	<p>Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil</p>	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🍷🍷</p>
		<p>Beef & Bean Burrito with Brown Rice & Sweet Corn</p>	<p>Ranch & Chicken Quesadilla homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla Brown Rice Sweet Corn</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn</p>	<p>Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese ❤️ Brown Rice Sweet Corn</p>
		<p>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house Sweet Potato Fries</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍷 Sweet Potato Fries</p>	<p>BLT Burger freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 🍷 Sweet Potato Fries</p>	<p>Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll Sweet Potato Fries</p>
		<p>Deli Bar Turkey & Cheese Panini 🍷</p>	<p>Deli Bar Buffalo Chicken Wrap 🍷</p>	<p>Deli Bar Grilled Cheese Sandwich 🍷</p>	<p>Deli Bar Sicilian Melt Panini 🍷</p>
		<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🍷❤️</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🍷🍷</p>	<p>Antipasto Salad with Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🍷🍷</p>	<p>House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing 🍷🍷</p>
		<p>Fresh Banana Applesauce Homemade Lite Veggie Pasta Salad Fresh Melon Cup Garden Salad</p>	<p>Fresh Orange Mixed Fruit Homemade Lite Veggie Pasta Salad Sliced Peaches Caesar Salad</p>	<p>Fresh Empire Apple Applesauce Homemade Lite Veggie Pasta Salad Kiwi Chickpea Salad Garden Salad</p>	<p>Fresh Orange Mixed Fruit Homemade Lite Veggie Pasta Salad Fresh Melon Cup Caesar Salad</p>

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

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School Nutrition

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VEGETARIAN

MADE WITH NATURAL INGREDIENTS

PORK

MADE WITH ORGANIC INGREDIENTS

Timberlane High School

Welcome to our
Lunch Cafe

10/21/2019 - 10/25/2019

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

	Whole Grain French Toast <i>slices of French toast baked to perfection</i> 🌱 Crispy Turkey Sausage Links Crispy Potato Puffs Cinnamon Apple Slices	Beef and Tomato Macaroni Casserole <i>elbow macaroni mixed with cooked beef, tomato sauce, and cheese</i> 🍷❤️ Squash Medley Garlic Cheese Biscuit	Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken</i> 🍷 Green Beans Homemade Garlic Bread	Early Release No Lunch	Sweet & Sour Chicken Sauce & Toss <i>popcorn chicken in a sweet & sour sauce</i> Vegetable Fried Rice Vegetable Egg Roll Oriental Vegetable Blend
 MEATLESS MONDAY	Spinach Pizza <i>fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese</i> 🌱🍷	Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i> 🌱🍷	Chicken Florentine Pizza <i>cheesy pizza slice topped with baby spinach and chicken</i> 🍷		Homemade Chicken Cordon Blue Calzone <i>garlic toasted whole grain calzone filled with chicken, ham, ricotta and melted cheeses</i> 🍷
Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough					
 MEATLESS MONDAY	Cheese Quesadilla <i>freshly grilled flour tortilla with melted cheese</i> 🌱 Brown Rice Sweet Corn	Chicken Cheese Quesadilla <i>hand crafted grilled flour tortilla filled with juicy chicken and melty cheese</i> ❤️ Brown Rice Sweet Corn	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn		Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and					
	Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Sweet Potato Fries	Bacon Cheeseburger <i>burger topped with cheese and bacon on a freshly toasted bun</i> Sweet Potato Fries	Philly Cheese Steak <i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</i> 🍷 Sweet Potato Fries		Fish Patty Melt Sandwich <i>crispy breaded Pollock topped with melted cheese served on a warm roll</i> Sweet Potato Fries
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Deli Bar Buffalo Chicken Wrap 🍷	Deli Bar Sicilian Melt Panini 🍷	Deli Bar Grilled Ham & 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 wraps with					
	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> 🌱🍷	Cobb Salad <i>fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg</i> 🍷❤️	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> 🍷🍷		Tuna Salad Plate <i>garden salad topped with freshly made tuna salad</i> 🍷
Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll and your choice of fruit and					
	Mixed Fruit Homemade Lite Veggie Pasta Salad Homemade Deli Style Coleslaw Garden Salad	Fresh Orange Mixed Fruit Homemade Lite Veggie Pasta Salad Fresh Melon Cup Caesar Salad	Fresh Orange Applesauce Homemade Lite Veggie Pasta Salad Caesar Salad		Fresh Orange Mixed Fruit Homemade Lite Veggie Pasta Salad Fresh Grapes Garden 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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🌱 VEGETARIAN

🍷 MADE WITH NATURAL INGREDIENTS

🍷 PORK

🍷 MADE WITH ORGANIC INGREDIENTS

Timberlane High School

Welcome to our
Lunch Cafe

10/28/2019 - 10/31/2019

MEATLESS MONDAY





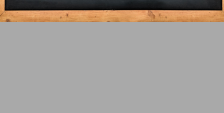


Monday

Tuesday

Wednesday

Thursday

Friday

	Chicken & Beef Fajitas with Grilled Pepper & Onions Topped with Fresh veggies and Salsa with Mexi Rice and Corn	Steamed Dumplings <i>stuffed dumplings perfect for dipping in your favorite Asian sauce</i> 🥘 Vegetable Fried Rice Oriental Vegetable Blend	Spicy Chicken Tenders <i>whole muscle spicy chicken tenders</i> Fluffy Mashed Potatoes Homemade Garlic Bread Green Beans	Homemade Shepherd's Pie <i>seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy</i> 🥘 Green Beans	
	Margherita Pizza <i>freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil</i> 🥗🥘	Spinach Pizza <i>fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese</i> 🥗🥘	Chicken Florentine Pizza <i>cheesy pizza slice topped with baby spinach and chicken</i> 🥘	Pepper & Onion Pizza <i>freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions</i> 🥘	
Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough					
	Mexican Salad <i>salad with beans, corn, sour cream, and salsa</i> 🥘❤️🥘 Brown Rice Sweet Corn	Ranch & Chicken Quesadilla <i>homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla</i> Brown Rice Sweet Corn	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn	Mexican Salad <i>salad with beans, corn, sour cream, and salsa</i> 🥘❤️🥘 Brown Rice Sweet Corn	
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and					
	Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> 🥘 Baked Potato Wedges	Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Sweet Potato Fries	Philly Cheese Steak <i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</i> 🥘 Sweet Potato Fries	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> 🥘 Baked Potato Wedges	
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Deli Bar Grilled Cheese with Bacon	Deli Bar Buffalo Chicken Wrap 🥘	Deli Bar Grilled Ham & Cheese Sandwich 🥘	Deli Bar Tuna Salad Melt 🥘	
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and wraps with					
	Antipasto Salad with Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i> 🥘🥘	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> 🥗🥘	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> 🥘🥘	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🥘	
Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll and your choice of fruit and					
	Fresh Granny Smith Apple Applesauce Homemade Lite Veggie Pasta Salad Garden Salad	Mixed Fruit Homemade Lite Veggie Pasta Salad Homemade Deli Style Coleslaw Caesar Salad	Fresh Orange Applesauce Homemade Lite Veggie Pasta Salad Garden Salad Strawberries	Fresh Granny Smith Apple Applesauce Homemade Lite Veggie Pasta Salad Garden Salad	
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 **P PORK**
 **MADE WITH ORGANIC INGREDIENTS**