

Timberlane High School

Welcome to our
Lunch Cafe

11/1/2019 - 11/1/2019

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

					<p>Spicy Chicken Tenders whole muscle spicy chicken tenders Fluffy Mashed Potatoes Cajun Maple Carrots</p> <p>Garlic Cheese Biscuit</p>
					<p>Buffalo Chicken Calzone</p> <p>Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough</p>
					<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Brown Rice Sweet Corn</p> <p>Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and</p>
					<p>Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll Sweet Potato Fries</p> <p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>
					<p>Deli Bar Big Bird Panini 🍔</p> <p>Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and wraps with</p>
					<p>Tuna Salad Plate garden salad topped with freshly made tuna salad 🍷</p> <p>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</p>
					<p>Fresh Orange Mixed Fruit Fresh Grapes Garden Salad</p> <p>Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.</p>

WHITSON'S School Nutrition **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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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS

Timberlane High School

Welcome to our
Lunch Cafe

11/4/2019 - 11/8/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken and Waffles
crispy chicken placed on
top of fluffy waffles ❤️
Crispy Potato Puffs
Cinnamon Applesauce

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



MEATLESS MONDAY

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 🍴

Steak & Cheese
Calzone

Pepperoni
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

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



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

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

Smokehouse Pulled
Pork Sandwich
smokehouse pulled
pork on a roll with cole
slaw 🍴
Sweet Potato Fries

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

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
Caesar Salad

Fresh Granny Smith
Apple
Mixed Fruit
Caesar Salad

Fresh Orange
Applesauce
Garden Salad

Mixed Fruit
Fresh Melon Cup
Garden Salad

Applesauce
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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in food & family

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🌱 VEGETARIAN 🍴 MADE WITH NATURAL INGREDIENTS 🍴 PORK 🌱 MADE WITH ORGANIC INGREDIENTS

Timberlane High School

Welcome to our
Lunch Cafe

11/11/2019 - 11/15/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍴
Oven Baked Fries
Baked Beans
Whole Wheat Dinner Roll

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
Garlic Cheese Biscuit



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

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

Sausage Pizza
traditional pizza slice topped with sausage 🍴

Ham & Cheese Calzone

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



Beef & Bean Burrito with Brown Rice & Sweet Corn

Ranch & Chicken Quesadilla
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla
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, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and



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

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 🍴
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 Turkey & Cheese Panini 🍴

Deli Bar Buffalo Chicken 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 wraps with



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 and your choice of fruit and



Fresh Banana Applesauce
Fresh Melon Cup
Garden Salad

Fresh Orange Mixed Fruit
Sliced Peaches
Caesar Salad

Fresh Empire Apple Applesauce
Kiwi
Chickpea Salad
Garden 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.

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🌿 VEGETARIAN 🍴 MADE WITH NATURAL INGREDIENTS 🍴 PORK 🍴 MADE WITH ORGANIC INGREDIENTS

Timberlane High School

Welcome to our
Lunch Cafe

11/18/2019 - 11/22/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain French Toast
slices of French toast baked to perfection 🌱
Crispy Pork Sausage Links
Crispy Potato Puffs
Cinnamon Apple Slices

Homemade Shepherd's Pie
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 🌱
Squash Medley
Garlic Cheese Biscuit

Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken 🌱
Green Beans

Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy 🌱
Corn Bread Stuffing
Green Beans
Cranberry Sauce

Sweet & Sour Chicken Sauce & Toss
popcorn chicken in a sweet & sour sauce
Vegetable Egg Roll
Oriental Vegetable Blend



Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🌱
P 🌱

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

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

Buffalo Mac & Cheese Calzone

BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 🌱

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



Cheese Quesadilla
freshly grilled flour tortilla with melted cheese 🌱
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

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, Crispy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and



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
Sweet Potato Fries

Smokehouse Pulled Pork Sandwich
smokehouse pulled pork on a roll with cole slaw 🌱
Sweet Potato Fries

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 🌱

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
Buffalo Chicken Wrap 🌱

Deli Bar
Sicilian Melt Panini 🌱

Deli Bar
Grilled Ham & Cheese Sandwich 🌱

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



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 🌱 🌱

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

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

Tuna Salad Plate
garden salad topped with freshly made tuna salad 🌱

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 Deli Style
Coleslaw
Garden Salad

Fresh Orange
Mixed Fruit
Fresh Melon Cup
Caesar Salad

Fresh Orange
Applesauce
Caesar Salad

Applesauce
Kiwi
Chickpea Salad

Fresh Orange
Mixed Fruit
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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Timberlane High School

Welcome to our
Lunch Cafe

11/25/2019 - 11/29/2019

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

Spicy Chicken Tenders
whole muscle spicy chicken tenders
Fluffy Mashed Potatoes
Homemade Garlic Bread
Green Beans



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

Homemade three Cheese Calzone
calzone stuffed with three delicious melted cheeses 🌱🍕

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

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

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



Meatball Hero
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍕🍌
Baked Potato Wedges

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

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



Deli Bar
Grilled Cheese with Bacon

Deli Bar
Buffalo Chicken Wrap 🌱

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
salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad 🍌🍕

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

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
Garden Salad

Mixed Fruit
Homemade Deli Style
Coleslaw
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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