

Timberlane High School

Welcome to our
Lunch Cafe

12/2/2019 - 12/6/2019

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Whole Grain French Toast <i>slices of French toast baked to perfection</i> 🌱 Crispy Pork Sausage Links Crispy Potato Puffs Cinnamon Apple Slices</p>	<p>Homemade Shepherd's Pie <i>seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy</i> 🌱 Squash Medley</p>	<p>Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken</i> 🌱 Green Beans</p>	<p>Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> 🌱 Corn Bread Stuffing Green Beans Cranberry Sauce</p>	<p>Spicy Chicken Tenders <i>whole muscle spicy chicken tenders</i> Fluffy Mashed Potatoes Cajun Maple Carrots Garlic Cheese Biscuit</p>
	<p>Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i> 🌱 P 🌱</p>	<p>Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i> 🌱 P 🌱</p>	<p>Chicken Florentine Pizza <i>cheesy pizza slice topped with baby spinach and chicken</i> 🌱</p>	<p>Pepperoni Calzone</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>Cheese Quesadilla <i>freshly grilled flour tortilla with melted cheese</i> 🌱 Brown Rice Sweet Corn</p>	<p>Chicken Burrito with Brown Rice & Sweet Corn</p>	<p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn</p>	<p>Mexican Salad <i>salad with beans, corn, sour cream, and salsa</i> 🌱 🌱 🌱 🌱</p>	<p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn</p>
<p>Available Daily: Nachos, Crispy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and</p>					
	<p>Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Sweet Potato Fries</p>	<p>Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> 🌱 Sweet Potato Fries</p>	<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🌱 Sweet Potato Fries</p>	<p>Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🌱 Sweet Potato Fries</p>	<p>Fish Patty Melt Sandwich <i>crispy breaded Pollock topped with melted cheese served on a warm roll</i> Sweet Potato Fries</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Deli Bar Vegetarian Hummus Wrap 🌱 P 🌱</p>	<p>Deli Bar Sicilian Melt Panini 🌱</p>	<p>Deli Bar Grilled Ham & Cheese Sandwich 🌱</p>	<p>Deli Bar Grilled Cheese Sandwich 🌱</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>Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> 🌱 P 🌱</p>	<p>Cobb Salad <i>fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg</i> 🌱 🌱 🌱</p>	<p>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> 🌱 P 🌱</p>	<p>Simply Boxed Belgium Waffle Bites <i>freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit</i> 🌱 🌱 🌱 🌱</p>	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱</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>Garden Salad Homemade Lite Veggie Pasta Salad Sliced Peaches</p>	<p>Fresh Orange Mixed Fruit Fresh Melon Cup Caesar Salad</p>	<p>Fresh Orange Caesar Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad</p>	<p>Kiwi Chickpea Salad Sliced Peaches</p>	<p>Fresh Grapes Diced Pear Cup Homemade Lite Veggie Pasta 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

12/9/2019 - 12/13/2019

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese Green Beans</p>	<p>Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy 🌱 Fluffy Mashed Potatoes Cajun Maple Carrots Whole Wheat Dinner Roll</p>	<p>Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce 🌱 Oriental Vegetable Blend Vegetable Egg Roll</p>	<p>Baked Chicken Glazed Carrots Fluffy Mashed Potatoes Garlic Cheese Biscuit</p>	<p>Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings</p>
 <p>MEATLESS MONDAY</p>	<p>Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil 🌱🌱</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>Chicken Florentine Pizza cheesy pizza slice topped with baby spinach and chicken 🌱</p>	<p>Steak & Cheese Calzone</p>	<p>Pepperoni Calzone</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough</p>					
	<p>Mexican Salad salad with beans, corn, sour cream, and salsa 🌱🌱🌱 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>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese 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>BBQ Chicken Quesadilla with 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>Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Baked Potato Wedges</p>	<p>Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese 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>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw 🌱 Sweet Potato Fries</p>	<p>Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 🌱 Sweet Potato Fries</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Deli Bar Chicken Caesar Wrap 🌱🌱</p>	<p>Deli Bar Vegan Hummus Wrap 🌱🌱</p>	<p>Deli Bar Grilled Ham & Cheese Sandwich 🌱</p>	<p>Deli Bar Grilled Cheese Sandwich 🌱</p>	<p>Deli Bar Sicilian Melt 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>Simply Boxed Belgium Waffle Bites freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit 🌱🌱🌱</p>	<p>Spinach Salad with Bacon, Feta, and Onions</p>	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱🌱</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>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 Granny Smith Apple Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad</p>	<p>Mixed Fruit Caesar Salad Homemade Lite Veggie Pasta Salad Sliced Peaches</p>	<p>Fresh Orange Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Melon Cup cubed fresh melon Garden Salad Diced Pear Cup Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Orange Caesar Salad Sliced Peaches Homemade Lite Veggie Pasta Salad</p>
<p>Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.</p>					

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

Timberlane High School

Welcome to our
Lunch Cafe

12/16/2019 - 12/20/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

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
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

Garlic Cheese Biscuit



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 mozzarella cheeses, meatball slices, basil

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 & Parmesan cheese 🥗🥕

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
Sweet Corn

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, Salsa, Mexi-Rice and



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

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

Bacon and Egg Sandwich
warm breakfast sandwich prepared in-house and topped with crisp bacon and fluffy cooked eggs
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 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 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 ❤️🥗

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



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.

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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

12/23/2019 - 12/27/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



MEATLESS MONDAY



MEATLESS MONDAY



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

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

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

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

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

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VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

Timberlane High School

Welcome to our
Lunch Cafe

12/30/2019 - 12/31/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough					
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce, Salsa, Mexi-Rice and					
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and wraps with					
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					
Salad Bar - a variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.					

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VEGETARIAN **MADE WITH NATURAL INGREDIENTS** **P PORK** **MADE WITH ORGANIC INGREDIENTS**