

Timberlane High School

Welcome to our
Lunch Cafe

3/2/2020 - 3/6/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Parmesan
Over Pasta
*oven baked chicken
topped with sauce and
melted cheese, all over
pasta*
Homemade Garlic
Bread
Green Beans

Hunter Style Beef Stew
*with beef, sausage,
onions & potatoes*
Garlic Cheese Biscuit

Buffalo Chicken Mac &
Cheese
*pasta in cheese sauce,
topped with buffalo style
chicken*
Roasted Squash

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

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



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*

**Pepperoni
Calzone**

Buffalo Chicken
Calzone

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



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*

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

Buffalo Chicken and
Cheese Quesadilla
*fiesta style chicken and
cheddar cheese inside a
grilled folded tortilla
spread with hot sauce*

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,



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*

Smokehouse Pulled
Pork Sandwich
*smokehouse pulled pork
on a roll with cole slaw*

Sweet Potato Fries

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
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Tuna Salad Melt

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Turkey & Cheese
Sandwich

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Vegetarian Hummus
Sandwich

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Grilled Cheese
Sandwich

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Big Bird 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*

Simply Boxed Hummus
Energy Pack
*freshly packed meal with
hummus, crispy pita
chips, cheese 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



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

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

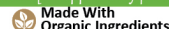
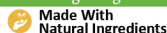


SIMPLY ROOTED
in food & family

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.

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

3/9/2020 - 3/13/2020

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

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

Peach Crisp

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

Roasted Turkey with
Gravy
oven roasted turkey
breast smothered with
gravy
Corn Bread Stuffing
Fluffy Mashed
Potatoes
Glazed Carrots

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

Chicken & Broccoli
Alfredo Pizza

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 🌱🌱

Buffalo Chicken and
Cheese Quesadilla
fiesta style chicken and
cheddar cheese inside a
grilled folded tortilla
spread with hot sauce

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

BBQ Chicken
Quesadilla
with
Brown Rice
Sweet Corn

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



Double Bacon Burger
two juicy all beef patties
topped with crisp bacon,
cheese, on a soft bun
Baked Potato Wedges

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella 🍕🌱
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
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Caesar Wrap

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Grilled Cheese

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Grilled Ham & Cheese

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Grilled Cheese

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Sicilian Melt Panini 🍷

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



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

Simply Boxed Hummus
Energy Pack
freshly packed meal with
hummus, crispy pita
chips, cheese and sliced
vegetables 🌱🌱

Simply Boxed Belgium
Waffle Bites
freshly prepared meal
with creamy yogurt,
Belgium waffle bites,
sunflower protein and
fruit 🌱🌱

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

Fresh Apple
Chickpea 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



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.
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

***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

3/16/2020 - 3/20/2020

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

Whole Grain French Toast
slices of French toast baked to perfection 🍷
Sausage Patty 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 🍷
Corn Bread Stuffing
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

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🍷

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
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, Cripsy & 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

Double Bacon Burger
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun
Sweet Potato Fries

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



Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Tuna Salad Melt 🍷

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Turkey & Cheese

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Vegetarian Hummus

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Grilled Cheese

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Sicilian Melt Panini P

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 🍷

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

Simply Boxed Belgium Waffle Bites
freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit 🍷

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

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



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

***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

3/23/2020 - 3/27/2020

MEATLESS MONDAY





Monday

Tuesday

Wednesday

Thursday

Friday

	Homemade Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> 🍝 Homemade Garlic Bread Green Beans	Sweet & Sour Chicken Sauce & Toss <i>popcorn chicken in a sweet & sour sauce</i> Brown Rice Pilaf Steamed Broccoli	Staff Development Day No School	Chicken with Gravy <i>roasted chicken covered with gravy</i> Fluffy Mashed Potatoes Corn Bread Stuffing Glazed Carrots	Chicken & Beef Fajitas with Brown Rice & Fiesta Corn
	Hand Crafted Three Cheese Pizza <i>fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses</i> 🍕	Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i> 🍕		Homemade Meatball Calzone <i>fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and</i>	Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough 🍕					
	Chicken Cheese Quesadilla <i>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>		Ranch & Chicken Quesadilla <i>homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla</i>	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn
Available Daily: Nachos, Crispy & Soft Tacos, Taco Bowls with Meat, Beef, Chicken, Cheese and Shredded Lettuce, 🌮					
	Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Sweet Potato Fries	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> 🍷		Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</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 <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Tuna Salad Melt 🍷	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey & Cheese		Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Vegetarian Hummus	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Big Bird Panini 🍷
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
	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> 🥗		Simply Boxed Belgium Waffle Bites <i>freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit</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					
	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	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					

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

***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.

 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

Timberlane High School

Welcome to our
Lunch Cafe

3/30/2020 - 3/31/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

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



MEATLESS MONDAY

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

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

Buffalo Chicken and
Cheese Quesadilla
fiesta style chicken and
cheddar cheese inside a
grilled folded tortilla
spread with hot sauce

Available Daily: Nachos, Cripsy & 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

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

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



Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Caesar Wrap

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Grilled Cheese

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



Simply Boxed Hummus
Energy Pack
freshly packed meal with
hummus, crispy pita
chips, cheese and sliced
vegetables

Simply Boxed Belgium
Waffle Bites
freshly prepared meal
with creamy yogurt,
Belgium waffle bites,
sunflower protein and
fruit

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

Fresh Apple
Chickpea Salad
Homemade Lite Veggie
Pasta Salad
Sliced Peaches

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

***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.

