

Timberlane High School

Welcome to our
Lunch Cafe

1/4/2021 - 1/8/2021

Monday

Whole Grain Waffles
with Sausage
*light and crispy waffles
served with a sausage
patty*
Sauteed Cinnamon
Apple Slices
Home Fries

Tuesday

Baked Chicken
Fluffy Mashed
Potatoes
Sweet Corn
Garlic Cheese Biscuit

Wednesday

To Go Meal Pick up

8:00am until 11:00

At All 4 Elementary
Schools

Thursday

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

Friday

Chicken Nugget &
Mozzarella Stick
Combo
*Crispy chicken nuggets
and gooey mozzarella
sticks served with dipping
sauce* 🥗
Homemade Garlic
Bread



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

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

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

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

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

Nachos Grande
*tortilla chips topped with
freshly prepared mexi
style meat and cheese
sauce*
Brown Rice
Sweet Corn

Nachos Grande
*tortilla chips topped with
freshly prepared mexi
style meat and cheese
sauce*

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,



Pizza Burger
*burger topped with pizza
sauce, mozzarella
cheese and romaine
lettuce on a bun* 🥗
Sweet Potato Fries

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

Sausage Onions &
Peppers Sandwich
*Italian sausage sandwich
topped with sauteed
onions and peppers* 🥗
Sweet Potato Fries

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

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Turkey Club Wrap 🥗

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Roast Beef Wrap 🥗

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

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* 🥗

Garden Salad with
Chicken Salad
*chicken salad on a bed of
lettuce, cucumbers,
carrots and tomatoes* 🥗

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

Buffalo Chicken Salad
with Dinner Rolls
*spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes* 🥗

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



Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Mixed Fruit
Fresh Melon Cup
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Apple
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.

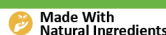


SIMPLY ROOTED
in food & family

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.

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1% fat free or flavored milk & a grain.

***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

1/11/2021 - 1/15/2021

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

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍴🌱
Homemade Garlic Bread

Whole Grain French Toast
slices of French toast baked to perfection 🌱
Sausage Patty
Crispy Potato Puffs

Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Fluffy Mashed Potatoes
Homemade Garlic Bread



Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice P 🍴🌱

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 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 🌱



Nachos Grande
tortilla chips topped with freshly prepared mexi meat and cheese sauce

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

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

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce

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



Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sauteed onions and peppers P 🍴🌱
Sweet Potato Fries

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

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 Salad Wrap

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Turkey Club Wrap 🍴🌱

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

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

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



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

Buffalo Chicken Salad
with Dinner Rolls
spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🍴🌱

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

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



Fresh Apple
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

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

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



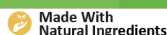
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Spinach Salad with Bacon, Feta, and Onions

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1/18/2021 - 1/22/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Civil Rights Day NO School	Baked Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Fluffy Mashed Potatoes Sweet Corn Homemade Garlic		Homemade Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> Homemade Garlic Bread Green Beans	Baked Chicken Fluffy Mashed Potatoes Sweet Corn Corn Bread
		Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &</i>		Pepper & Onion Pizza <i>freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions</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					
		Mexican Salad <i>salad with beans, corn, sour cream, and salsa</i>		Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Brown Rice Sweet Corn	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Sweet Corn
Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,					
		Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i> Sweet Potato Fries		Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> Sweet Potato Fries	Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</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> Chicken Salad Wrap		Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Teriyaki Chicken	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey Club Wrap
Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and					
		Antipasto Salad with Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i>		Cobb Salad <i>fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg</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					
		Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad		Applesauce Kiwi Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad
Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.					



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Timberlane High School

Welcome to our
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1/25/2021 - 1/29/2021

Monday

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🌱🌱
Homemade Garlic Bread
Green Beans

Tuesday

Baked Chicken
Fluffy Mashed Potatoes
Sweet Corn
Corn Bread

Wednesday

Meatloaf with Gravy
savory beef meatloaf with a hearty brown gravy 🌱
Fluffy Mashed Potatoes
Green Beans
Garlic Cheese Biscuit

Thursday

General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 🌱
Brown Rice
Vegetable Egg Roll

Friday

General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 🌱
Brown Rice
Vegetable Egg Roll



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 & 🌱🌱

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

Pepperoni and Cheese Calzone 🌱🌱

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

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

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Brown Rice

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

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

Smokeyhouse Pulled Pork Sandwich
smokeyhouse pulled pork on a roll with cole slaw 🌱
Sweet Potato Fries

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

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

Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🌱

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
Teriyaki Chicken

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

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

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

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 🌱

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

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

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

Applesauce
Kiwi
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Fresh Orange
Mixed Fruit
Fresh Melon Cup
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Fresh Orange
Garden Salad
Sliced Peaches
Potato Salad
Spinach Salad

Fresh Orange
Diced Pear Cup
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad
Kiwi

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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