

Timberlane High School

Welcome to our
Lunch Cafe

11/2/2020 - 11/6/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Shepherd's Pie
seasoned ground meat
and crisp vegetables
covered in creamy
mashed potatoes, melted
cheese, and gravy 🌱
Dinner Rolls

Election Day

No School

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



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

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



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

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,



Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella 🌱
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
P
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
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



Simply Boxed Belgian
Waffle Bites
freshly prepared grab and
go meal featuring creamy
yogurt, whole grain
Belgian waffle bites,
sunflower protein 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 🌱

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 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.

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

Welcome to our
Lunch Cafe

11/9/2020 - 11/13/2020

MEATLESS MONDAY

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

Veteran's Day

No School

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



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 🍴

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, 🍴



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

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
Roast Beef Wrap 🍴

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
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 🍴

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.



SIMPLY ROOTED
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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

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Timberlane High School

Welcome to our
Lunch Cafe

11/16/2020 - 11/20/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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
Sweet Corn
Homemade Garlic

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

Chicken Fajita
seasoned chicken
Sautéed Onions & Peppers



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 &

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sautéed 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 🌱



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

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
Sweet Corn

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



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

Turkey Hot Dog on Bun
turkey hot dog on soft bun
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
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

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 🌱

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



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

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

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 🌱

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



Fresh Melon Cup
cubed fresh melon
Garden Salad
Diced Pear Cup
Potato Salad

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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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Timberlane High School

Welcome to our
Lunch Cafe

11/23/2020 - 11/27/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken Fajita
seasoned chicken
Sautéed Onions & Peppers
Brown Rice
Sweet Corn

Thanksgiving Holiday No School



Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sautéed 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



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
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

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
Teriyaki Chicken

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

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

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

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

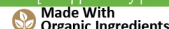
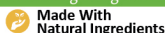


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Timberlane High School

Welcome to our
Lunch Cafe

11/30/2020 - 11/30/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



MEATLESS MONDAY

Meatloaf with Gravy
savory beef meatloaf with a hearty brown gravy 🍴
Fluffy Mashed Potatoes
Green Beans
Homemade Garlic Bread



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



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,



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
Chicken Ranch Wrap

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



Simply Boxed Yogurt Power Pack
freshly made meal with yogurt, diced cheese, granola and dried fruit 🍌 🍌

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



Fresh Orange
Garden Salad
Diced Pear 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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