

Timberlane High School

Welcome to our
Lunch Cafe

12/1/2020 - 12/4/2020

Monday

Tuesday

Wednesday

Thursday

Friday



Baked Chicken
Fluffy Mashed
Potatoes
Sweet Corn

Garlic Cheese Biscuit

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 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



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,



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
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



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
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 for 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

12/7/2020 - 12/11/2020

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



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, 🌱



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

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.



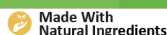
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Spinach Salad with Bacon, Feta, and Onions

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Timberlane High School

Welcome to our
Lunch Cafe

12/14/2020 - 12/18/2020

Monday

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

Tuesday

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

Wednesday

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

Thursday

Baked Chicken
Fluffy Mashed
Potatoes
Sweet Corn

Corn 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 &*

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 🌱



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

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

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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Timberlane High School

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Lunch Cafe

12/21/2020 - 12/22/2020

Monday

Tuesday

Wednesday

Thursday

Friday



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

Baked Chicken
Fluffy Mashed Potatoes
Sweet Corn
Corn Bread

Winter Break



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



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

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



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

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