

# Timberlane High School

Welcome to our  
Lunch Cafe

2/1/2021 - 2/5/2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

Baked Chicken  
Fluffy Mashed Potatoes  
Sweet Corn  
Garlic Cheese Biscuit

To Go Meal Pick up  
8:00am until 11:00  
At All 4 Elementary Schools

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

Ramen Noodle Bar  
*create your own authentic ramen noodle soup bowl with assorted toppings*



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 &*

Hawaiian Pizza  
*ham and pineapple chunks over a cheese pizza slice*

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

Burrito  
*mexi-style meat, rice and shredded cheese folded inside a soft tortilla*  
Sweet Corn  
Brown Rice

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

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



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

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.

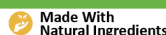


**SIMPLY ROOTED**  
*in food & family*

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](http://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

2/8/2021 - 2/12/2021

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

Ramen Noodle Bar  
create your own authentic ramen noodle soup bowl with assorted toppings

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

Pulled Pork  
Pulled Pork 🍖  
Fluffy Mashed Potatoes



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

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 & Corn Bread 🌱🍷

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



**MEATLESS MONDAY**

Burrito  
mexi-style meat, rice and shredded cheese folded in a soft tortilla 🌱  
Brown Rice  
Sweet Corn

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

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

Available Daily: Nachos, Crispy & 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  
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 🍷

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

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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Vegetarian
 Made With Natural Ingredients
 Pork
 Smart Choice
 Made With Organic Ingredients

# Timberlane High School

Welcome to our  
Lunch Cafe

2/15/2021 - 2/19/2021

## Monday

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

## Tuesday

Pulled Pork  
*Pulled Pork*   
Fluffy Mashed Potatoes  
Cole Slaw  
Corn Bread

## Wednesday

## Thursday

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


## Friday

Baked Chicken  
Fluffy Mashed Potatoes  
Sweet Corn  
Garlic Cheese Biscuit



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*   
Sweet Corn  
Brown Rice

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

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*  
Sweet Corn  
Brown Rice

Available Daily: Nachos, Crispy & 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*   
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



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

Antipasto Salad with Dinner Rolls  
*salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad*   


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

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 Orange  
Fresh Melon Cup  
Garden Salad  
Sliced Peaches  
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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