

# Timberlane High School

Welcome to our  
Lunch Cafe

4/1/2021 - 4/2/2021







Monday

Tuesday

Wednesday

Thursday

Friday

			<p>To Go Meal Pick up 9:00am until 10:15 At All 4 Elementary Schools</p>	<p>Homemade Chicken &amp; Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🌱🌱 Homemade Garlic Bread</p>	<p>Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings</p>
	<p>Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough</p>				
				<p>Burrito mexi-style meat, rice and shredded cheese folded inside a soft tortilla 🌱 Sweet Corn Brown Rice</p>	<p>Mexican Salad salad with beans, corn, sour cream, and salsa 🌱🌱 Brown Rice Sweet Corn</p>
<p>Available Daily: Nachos, Crispy &amp; Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,</p>					
				<p>Sausage Onions &amp; Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers 🌱 Sweet Potato Fries</p>	<p>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw 🌱 Sweet Potato Fries</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
				<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Roast Beef Wrap 🌱</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Vegetarian Hummus</p>
<p>Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and</p>					
				<p>Simply Boxed Hummus Energy Pack freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables 🌱🌱</p>	<p>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🌱</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit &amp; Yogurt Parfait and Smoothies Includes whole wheat dinner roll</p>					
				<p>Fresh Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>
<p>Variety of Veggies, Legumes, Fruit &amp; Fresh Fruit Available Daily. Choice of Milk is included with all meals.</p>					

**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](http://www.whitsons.com).

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

# Timberlane High School

Welcome to our  
Lunch Cafe

4/5/2021 - 4/9/2021

## 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

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

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

Chicken with Gravy  
roasted chicken covered with gravy  
Fluffy Mashed Potatoes  
Green Beans  
Garlic Cheese Biscuit



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 🌱

Chicken Alfredo Pizza

Pepperoni and Cheese Calzone P 🍴🌱

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 Calzone 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

Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese  
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 P 🍴🌱  
Sweet Potato Fries

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

BBQ Chicken Sandwich  
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house  
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  
Chicken Salad 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, diced cheese, granola and dried fruit 🌱

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

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 Orange  
Mixed Fruit  
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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4/12/2021 - 4/16/2021


## 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  
Homemade Deli Style Coleslaw  
Baked Beans  
Corn Bread

## Wednesday

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



## 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


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



Pepperoni and Cheese Calzone   


BBQ Chicken Pizza  
*freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion* 

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 

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

Mission Burrito  
*authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell*

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

Bacon Cheeseburger  
*burger topped with cheese and bacon on a freshly toasted bun*  
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*  
Tuna 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*   


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

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

Fresh Granny Smith Apple  
Mixed Fruit  
Fresh Melon Cup  
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

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4/19/2021 - 4/23/2021

## Monday

Baked Chicken  
Fluffy Mashed  
Potatoes  
Sweet Corn  
Corn Bread

## Tuesday

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

## Wednesday

Cheesy Lasagna Roll-  
Ups  
*rolled up lasagna  
noodles, stuffed with  
ricotta and parmesan  
cheeses, tomato sauce  
and melted mozzarella  
cheese.* 🌱🌱  
Steamed Broccoli

## Thursday

Chicken Nugget &  
Mozzarella Stick  
Combo  
*Crispy chicken nuggets  
and gooey mozzarella  
sticks served with dipping  
sauce* 🌱  
Fluffy Mashed  
Potatoes

## Friday

Chicken with Gravy  
*roasted chicken covered  
with gravy*  
Fluffy Mashed  
Potatoes  
Steamed Carrots  
Dinner Rolls



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

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

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

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

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