

Timberlane High School

Welcome to our
Lunch Cafe

6/1/2021 - 6/4/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Sweet & Sour Chicken Sauce & Toss
popcorn chicken in a sweet & sour sauce
Brown Rice
Steamed Broccoli

Whole Grain Waffles with Sausage
light and crispy waffles served with a sausage patty
Crispy Potato Puffs
Sautéed Cinnamon Apple Slices

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

Meatloaf with Gravy
savory beef meatloaf with a hearty brown gravy 🍴
Dinner Rolls
Fluffy Mashed Potatoes
Green Beans



Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍴

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

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 🌱🍴

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 🍴🌱
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

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,



Chicken Parmesan Sandwich
warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a 🍴

Philly Cheese Steak
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍴

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

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
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



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

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

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

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



Diced Pear Cup
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad
Fresh Melon Cup

Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad
Kiwi

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

6/7/2021 - 6/11/2021

Monday

Homemade Mac & Cheese
pasta in cheese sauce,
garnished with parsley
Homemade Garlic
Bread
Green Beans

Tuesday

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

Wednesday

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

Thursday

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

Friday

Chicken Nugget &
Mozzarella Stick
Combo
Crispy chicken nuggets
and gooey mozzarella
sticks served with dipping
sauce
Dinner Rolls
Crispy Potato Puffs



MEATLESS MONDAY

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon 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

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

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

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



SIMPLY ROOTED
in food & family

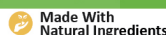
We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.whitsons.com.

Spinach Salad with Bacon, Feta, and Onions

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year.

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 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

6/14/2021 - 6/18/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Deli Open from 10:50 until 11:15
Monday through Thursday



Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon 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



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

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

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

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

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



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



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



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.

