

# Timberlane High School

Welcome to our  
Lunch Cafe

9/1/2020 - 9/4/2020



Monday

Tuesday

Wednesday

Thursday

Friday



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



Available Daily: Nachos, Cripsy & 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



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



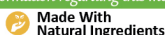
## SIMPLY ROOTED

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).

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

9/7/2020 - 9/11/2020

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday



**MEATLESS MONDAY**



Homemade Pasta & Meatballs  
freshly baked meatballs with tomato sauce over pasta 🌱🌱  
Glazed Carrots

Steamed Dumplings  
stuffed dumplings perfect for dipping in your favorite Asian sauce 🌱  
Oriental Vegetable Blend  
Vegetable Egg Roll  
Fortune Cookie

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

Pepperoni Calzone

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  
Mexican Salad 🌱🌱  
Brown Rice  
Sweet Corn

Mexican Salad  
salad with beans, corn, sour cream, and salsa 🌱🌱

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

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

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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

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

House Chop Salad with Ham & Dinner Rolls  
ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing P 🌱🌱

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  
Homemade Lite Veggie Pasta Salad

Fresh Orange Caesar Salad  
Sliced Peaches  
Homemade Lite Veggie Pasta Salad

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



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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

9/14/2020 - 9/18/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Whole Grain French Toast  
slices of French toast baked to perfection 🌱  
Sausage Patty Syrup  
Crispy Potato Puffs  
Sautéed Cinnamon Apple Slices

Pasta, Pasta, Pasta  
pasta with the sauce of your choice: Alfredo, marinara or bolognese  
Green Beans  
Homemade Garlic Bread

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

Chicken with Gravy  
roasted chicken covered with gravy 🌱  
Corn Bread Stuffing  
Fluffy Mashed Potatoes  
Green Beans  
Dinner Rolls  
Cranberry Sauce



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 🌱

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 🌱



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

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homemade spicy taco meat inside a crispy taco shell topped with cheese  
Brown Rice  
Sweet Corn

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,



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 🌱

Bacon and Egg Sandwich  
warm breakfast sandwich prepared in-house and topped with crisp bacon and fluffy cooked eggs  
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

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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 🌱🌱

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

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

House Chop Salad with Ham & Dinner Rolls  
ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing 🌱🌱🌱

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



Mixed Fruit  
Caesar Salad  
Fresh Apple  
Homemade Lite Veggie Pasta Salad

Fresh Banana  
Fresh Melon Cup  
Sliced Peaches  
Homemade Lite Veggie Pasta Salad

Applesauce  
Kiwi  
Chickpea Salad  
Homemade Lite Veggie Pasta Salad

Fresh Orange  
Mixed Fruit  
Fresh Melon Cup  
Caesar Salad

A variety of Veggies, Legume, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals

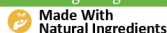


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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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# Timberlane High School

Welcome to our  
Lunch Cafe

9/21/2020 - 9/25/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

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

Chicken and Waffles  
*crispy chicken placed on top of fluffy waffles*  
Crispy Potato Puffs  
Sauteed Cinnamon Apple Slices

Chicken & Beef Fajitas  
with Brown Rice & Fiesta Corn



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

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 🌱



**MEATLESS MONDAY**

Mexican Salad  
*salad with beans, corn, cream, and salsa* 🌱

Crispy Tacos  
*homemade spicy taco meat inside a crispy taco shell topped with cheese*

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

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



**MEATLESS MONDAY**

Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
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*  
Sweet Potato Fries

Fish Patty Melt Sandwich  
*crispy breaded Pollock topped with melted cheese served on a warm roll*  
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*

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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* 🌱

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

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* 🌱

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



Mixed Fruit  
Caesar Salad  
Fresh Apple  
Homemade Lite Veggie Pasta Salad

Fresh Banana  
Fresh Melon Cup  
Sliced Peaches  
Homemade Lite Veggie Pasta Salad

Fresh Orange  
Sliced Peaches  
Caesar Salad  
Homemade Lite Veggie Pasta Salad

Fresh Orange  
Garden Salad  
Diced Pear Cup  
Homemade Lite Veggie Pasta Salad

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



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Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients



# Timberlane High School

Welcome to our  
Lunch Cafe

9/28/2020 - 9/30/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Chicken with Gravy  
roasted chicken covered  
with gravy  
Fluffy Mashed  
Potatoes  
Corn Bread Stuffing  
Green Beans  
Whole Wheat Dinner  
Roll

Chicken Nuggets  
crispy breaded chicken  
nuggets perfect for  
dipping in your favorite  
sauce  
Oven Baked Fries  
Green Beans  
Garlic Cheese Biscuit



**MEATLESS MONDAY**

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

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



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,



Bacon Cheeseburger  
burger topped with  
cheese and bacon on a  
freshly toasted bun  
Baked Potato Wedges

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

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



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

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

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



Fresh Granny Smith  
Apple  
Caesar Salad  
Sliced Peaches  
Homemade Lite Veggie  
Pasta Salad

Fresh Apple  
Chickpea Salad  
Homemade Lite Veggie  
Pasta Salad  
Sliced Peaches

A variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with



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