

Timberlane Middle School

Welcome to our
Lunch Cafe

1/1/2020 - 1/3/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 				Chicken Nugget & Mozzarella Stick Combo <i>Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</i> 🌱 Steamed Broccoli Homemade Garlic	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 🌱 Brown Rice Fiesta Corn
				French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i> 🌱	Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &</i> 🌱
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough 🌱					
				Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🌱 Baked Potato Wedges	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> 🌱
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. 🌱					
				Deli Bar Italian Combo Sandwich 🌱	Deli Bar Turkey Club Wrap 🌱
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with 🌱					
				Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> 🌱	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner 🌱					
				Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Applesauce Sliced Peaches	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Diced Pear Cup Fresh Apple
Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals 🌱					

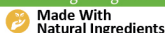


SIMPLY ROOTED
in food & family

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.

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 Middle School

Welcome to our
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1/6/2020 - 1/10/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Whole Grain French Toast slices of French toast baked to perfection 🌱</p> <p>Crispy Pork Sausage Links Sautéed Cinnamon Apple Slices Crispy Potato Puffs</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos Brown Rice Fiesta Corn</p>	<p>Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese</p> <p>Steamed Carrots Homemade Garlic Bread</p>	<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce</p> <p>Whole Wheat Dinner Roll Fluffy Mashed Potatoes</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p> <p>Brown Rice Fiesta Corn</p>
	<p>Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 🌱🌱</p>	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱</p>	<p>Buffalo Chicken Pizza</p>	<p>French Bread Pizza toasted French bread topped with pizza sauce and melted cheese 🌱</p>	<p>Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & 🌱</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough 🌱					
	<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱</p> <p>Sweet Potato Fries</p>	<p>Whole Grain Fish Sticks Whole Wheat Dinner Roll Sweet Potato Fries</p>	<p>Eggplant Parm Hero breaded eggplant with sauce and melted mozzarella on a club roll 🌱🌱🌱</p> <p>Sweet Potato Fries</p>	<p>Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱</p> <p>Sweet Potato Fries</p>	<p>Philly Cheese Steak thinly sliced beef topped with sautéed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱</p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. 🌱					
	<p>Deli Bar Chicken Caesar Wrap 🌱</p>	<p>Deli Bar Vegetarian Hummus Wrap 🌱🌱</p>	<p>Deli Bar Chicken Salad Wrap 🌱</p>	<p>Deli Bar Egg Salad Wrap 🌱</p>	<p>Deli Bar Buffalo Chicken Wrap 🌱</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with 🌱					
	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱🌱</p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese 🌱</p>	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱🌱</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</p>	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱🌱</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner 🌱					
	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Mixed Fruit Fresh Apple</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Orange Applesauce</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Sliced Peaches Fresh Banana</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Grapes Mixed Fruit Fresh Apple</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Sliced Peaches Fresh Apple</p>
Salad Bar, Fruit Cups & Fresh Fruits Available Daily. Also a Variety of Milks Available with all Meals.					

WHITSON'S
School Nutrition

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Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

Timberlane Middle School

Welcome to our
Lunch Cafe

1/13/2020 - 1/17/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	Chicken and Waffles <i>crispy chicken placed on top of fluffy waffles</i> Applesauce Crispy Potato Puffs	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Soft Tacos Brown Rice Fiesta Corn	Ramen Noodle Bar <i>create your own authentic ramen noodle soup bowl with assorted toppings</i>	Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Corn Bread Stuffing Fluffy Mashed Potatoes Green Beans	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Fiesta Corn
	Pizza Bagel <i>melted cheese and tomato sauce on a toasted bagel, baked to perfection</i>	Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i>	Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i>	French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i>	Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	Grilled Cheese Sandwich <i>toasted bread with gooey cheese and prepared in-house</i> Sweet Potato Fries	BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> Sweet Potato Fries	Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Sweet Potato Fries	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> Sweet Potato Fries	Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i> Baked Potato Wedges
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	Deli Bar Chicken Caesar Wrap	Deli Bar Turkey Club Wrap	Deli Bar Chicken Salad Wrap	Deli Bar Ham & Cheese Wrap	Deli Bar Buffalo Chicken Wrap
Available Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i>	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i>	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i>	Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i>	Garden Salad with Turkey Salad
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Mixed Fruit Fresh Apple	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Orange Applesauce	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Banana Mixed Fruit	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Orange Mixed Fruit	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Granny Smith Apple Sliced Peaches
Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all					

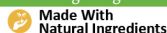


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Timberlane Middle School

Welcome to our
Lunch Cafe

1/20/2020 - 1/24/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 		<p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i></p> <p>Soft Tacos Brown Rice Fiesta Corn</p>	<p>Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken</i></p> <p>Homemade Mac & Cheese Green Beans Homemade Garlic</p>	<p>Baked Chicken Fluffy Mashed Potatoes Sweet Corn</p> <p>Garlic Cheese Biscuit</p>	<p>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i></p> <p>Brown Rice Fiesta Corn</p>
		<p>Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i></p>	<p>BBQ Chicken Pizza <i>freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion</i></p>	<p>French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i></p>	<p>Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &...</i></p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	<p>MEATLESS MONDAY</p>	<p>Whole Grain Fish Sticks Whole Wheat Dinner Roll Sweet Potato Fries</p>	<p>Philly Cheese Steak <i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</i></p>	<p>Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i></p> <p>Sweet Potato Fries</p>	<p>Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i></p> <p>Baked Potato Wedges</p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
		<p>Deli Bar Vegetarian Hummus Wrap</p>	<p>Deli Bar Chicken Salad Wrap</p>	<p>Deli Bar Egg Salad Wrap</p>	<p>Deli Bar Buffalo Chicken Wrap</p>
Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	<p>MEATLESS MONDAY</p>	<p>Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i></p>	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i></p>	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i></p>	<p>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i></p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
		<p>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i></p> <p>Fresh Orange Applesauce</p>	<p>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i></p> <p>Sliced Peaches Fresh Banana</p>	<p>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i></p> <p>Fresh Grapes Mixed Fruit Fresh Apple</p>	<p>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i></p> <p>Sliced Peaches Fresh Apple</p>
Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals					

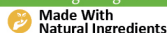


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Timberlane Middle School

Welcome to our
Lunch Cafe

1/27/2020 - 1/31/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

<div> </div>	<div>Double Hot Dogs with Chili, Cheese and Onion toppings</div> <div>Baked Beans Oven Fries</div>	<div>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Soft Tacos Brown Rice Fiesta Corn</div>	<div>Pasta, Pasta, Pasta <i>pasta with the sauce of your choice: Alfredo, marinara or bolognese</i> Homemade Garlic Bread Steamed Carrots</div>	<div>Chicken with Gravy <i>roasted chicken covered with gravy</i> Fluffy Mashed Potatoes Green Beans Cranberry Sauce</div> <div>Garlic Cheese Biscuit</div>	<div>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Fiesta Corn</div>
<div></div>	<div>Pizza Bagel <i>melted cheese and tomato sauce on a toasted bagel, baked to perfection</i> 🌱🌱</div>	<div>Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i> 🌱</div>	<div>Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i> P 🌱</div>	<div>French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i> 🌱</div>	<div>Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &</i></div>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough 🌱					
<div></div>	<div>Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in- house</i> 🌱 Sweet Potato Fries</div>	<div>BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in- house</i> Sweet Potato Fries</div>	<div>Eggplant Parm Hero <i>breaded eggplant with sauce and melted mozzarella on a club roll</i> 🌱🌱🌱 Sweet Potato Fries</div>	<div>Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🌱🌱 Sweet Potato Fries</div>	<div>Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> 🌱</div>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. 9S					
<div></div>	<div>Deli Bar Chicken Caesar Wrap 🌱</div>	<div>Deli Bar Turkey Club Wrap 🌱</div>	<div>Deli Bar Chicken Salad Wrap 🌱</div>	<div>Deli Bar Ham & Cheese Wrap P</div>	<div>Deli Bar Buffalo Chicken Wrap 🌱</div>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
<div></div>	<div>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> P 🌱</div>	<div>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱</div>	<div>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> P 🌱</div>	<div>Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i> 🌱🌱</div>	<div>House Chop Salad with Ham & Dinner Rolls <i>ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing</i> P 🌱🌱</div>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
<div></div>	<div>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Mixed Fruit Fresh Apple</div>	<div>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Orange Applesauce</div>	<div>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Banana Mixed Fruit</div>	<div>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Orange Mixed Fruit</div>	<div>Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Granny Smith Apple Sliced Peaches</div>
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Vegetarian

Made With
Natural Ingredients

P Pork

Smart
Choice

Made With
Organic Ingredients