

Timberlane Middle School

Welcome to our
Lunch Cafe

10/1/2019 - 10/4/2019

MEATLESS MONDAY









Monday

Tuesday

Wednesday

Thursday

Friday

 			Pasta & Meat Sauce <i>freshly cooked pasta with meat sauce</i> 🌱❤️🌱 Green Beans Homemade Garlic Bread	Baked Chicken Fluffy Mashed Potatoes Whole Wheat Dinner Roll Cranberry Sauce Sweet Corn	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 🌱 Brown Rice Fiesta Corn
		Staff Development Day No School			
 			Hand Crafted Buffalo Chicken Pizza <i>fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</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 & Parmesan cheese</i> 🌱🌱
	Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough				
			Philly Cheese Steak <i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</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 Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i> 🌱🌱 Baked Potato Wedges
	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.				
			Deli Bar Egg Salad Wrap 🌱	Deli Bar Ham & Cheese Wrap P	Deli Bar Buffalo Chicken Wrap 🌱
	Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings				
			Buffalo Chicken Salad with Dinner Rolls <i>spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes</i> 🌱	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱	Tuna Salad Plate <i>garden salad topped with freshly made tuna salad</i> 🌱
	Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner roll and your choice of fruit.				
			Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Banana Sliced Peaches	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Mixed Fruit Kiwi Roasted Kale	Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Corn & Black Bean Salad Diced Pear Cup
	Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals.				



SIMPLY ROOTED
in food & family

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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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MADE WITH ORGANIC INGREDIENTS

Timberlane Middle School

Welcome to our
Lunch Cafe

10/7/2019 - 10/11/2019

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Whole Grain French Toast slices of French toast baked to perfection 🌱</p> <p>Crispy Turkey Sausage Links</p> <p>Cinnamon Apple Slices</p> <p>Crispy Potato Puffs</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos</p> <p>Brown Rice</p> <p>Fiesta Corn</p>	<p>Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese</p> <p>Homemade Garlic Bread</p> <p>Steamed Carrots</p>	<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 🌱</p> <p>Whole Wheat Dinner Roll</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p> <p>Brown Rice</p> <p>Fiesta Corn</p>
	<p>Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 🌱🌱</p>	<p>Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil</p>	<p>Sausage Pizza traditional pizza slice topped with sausage 🌱</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 & Parmesan cheese 🌱🌱</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>Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese 🌱</p> <p>Sweet Potato Fries</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱</p> <p>Sweet Potato Fries</p>	<p>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw 🌱</p> <p>Sweet Potato Fries</p>	<p>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱</p> <p>Baked Potato Wedges</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 Egg Salad Wrap 🌱</p>	<p>Deli Bar Turkey BLT 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 vegetable toppings					
	<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 Salad</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner roll and your					
	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Empire Apple</p> <p>Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Orange</p> <p>Applesauce</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Sliced Peaches</p> <p>Fresh Banana</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Grapes</p> <p>Homemade Hummus</p> <p>Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Empire Apple</p> <p>Sauteed Corn & Black Bean Salsa</p>
Salad Bar, Fruit Cups & Fresh Fruits Available Daily. Also a Variety of Milks Available with all Meals.					

WHITSON'S School Nutrition

SIMPLY ROOTED

in food & family

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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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 **VEGETARIAN**
 **MADE WITH NATURAL INGREDIENTS**
 **PORK**
 **MADE WITH ORGANIC INGREDIENTS**

Timberlane Middle School

Welcome to our
Lunch Cafe

10/14/2019 - 10/18/2019

MEATLESS MONDAY


Monday

Tuesday

Wednesday

Thursday

Friday

<div><div>World MARKET</div><div>Coyote GRILL</div></div>	<div></div>	<div>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Brown Rice Fiesta Corn</div>	<div>Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings</div>	<div>Chicken Bowl with Gravy popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🌱🌱 Dinner Rolls</div>	<div>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Corn</div>
<div><div>La CUCINA</div><div>MEATLESS MONDAY</div></div>		<div>White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🌱🌱</div>	<div>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P 🌱🌱</div>	<div>French Bread Pizza toasted French bread topped with pizza sauce and melted cheese 🌱🌱</div>	<div>Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese 🌱🌱</div>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
<div><div>Miss RUBY'S GRILL</div><div>MEATLESS MONDAY</div></div>		<div>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P Sweet Potato Fries</div>	<div>Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries</div>	<div>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱 Sweet Potato Fries</div>	<div>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house Baked Potato Wedges</div>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
<div><div>Great AMERICAN SANDWICH CO.</div></div>		<div>Deli Bar Turkey BLT Wrap 🌱</div>	<div>Deli Bar Egg Salad 🌱🌱</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 vegetable toppings					
<div><div>Fruit EXPRESS</div></div>		<div>Tuna Salad Plate garden salad topped with freshly made tuna salad 🌱</div>	<div>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🌱</div>	<div>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</div>	<div>Garden Salad with Cheese Entree fresh garden salad topped with cheese 🌱🌱</div>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner roll and your choice of fruit and milk					
<div><div>Healthy HARVEST</div></div>		<div>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Orange Applesauce</div>	<div>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Banana Mixed Fruit</div>	<div>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Watermelon Slices Mixed Fruit</div>	<div>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Granny Smith Apple Confetti Garbanzo Bean Salad</div>
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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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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 **VEGETARIAN**
 **MADE WITH NATURAL INGREDIENTS**
 **P PORK**
 **MADE WITH ORGANIC INGREDIENTS**

Timberlane Middle School

Welcome to our
Lunch Cafe

10/21/2019 - 10/25/2019

MEATLESS MONDAY










Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷</p> <p>Sweet Potato Fries Green Beans Whole Wheat Dinner Roll</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>Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🍷</p> <p>Homemade Garlic Bread Steamed Carrots</p>	<p>Early Release</p> <p>NO LUNCH</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>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 & Parmesan cheese 🍷</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>Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese 🍷</p> <p>Sweet Potato Fries</p>	<p>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍷</p> <p>Sweet Potato Fries</p>		<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll 🍷</p> <p>Baked Potato Wedges</p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	<p>Deli Bar Roast Beef Sandwich</p>	<p>Deli Bar Turkey BLT Wrap 🍷</p>	<p>Deli Bar Ham & Cheese Wrap 🍷</p>	<p>Deli Bar</p>	<p>Deli Bar Buffalo Chicken Wrap 🍷</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings					
	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🍷</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>Tuna Salad Plate garden salad topped with freshly made tuna salad 🍷</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner roll and your					
	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Orange Applesauce</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Mixed Fruit Fresh Melon Cup</p>		<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Corn & Black Bean Salad Diced Pear Cup</p>
Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals.					



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 **VEGETARIAN**  **MADE WITH NATURAL INGREDIENTS**  **PORK**  **MADE WITH ORGANIC INGREDIENTS**

Timberlane Middle School

Welcome to our
Lunch Cafe

10/28/2019 - 10/31/2019

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Spicy Chicken Tenders whole muscle spicy chicken tenders Fluffy Mashed Potatoes Green Beans Homemade Garlic Bread</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Brown Rice Fiesta Corn</p>	<p>Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken Homemade Mac & Cheese Green Beans Homemade Garlic Bread</p>	<p>General Tso's Chicken crispy chicken with broccoli in General Tso's sauce Brown Rice Vegetable Egg Roll</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>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</p>	<p>Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice</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 Sweet Potato Fries</p>	<p>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella Sweet Potato Fries</p>	<p>Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread Sweet Potato Fries</p>	<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll Sweet Potato Fries</p>	
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	<p>Deli Bar Chicken Caesar Wrap</p>	<p>Deli Bar Chicken Salad Wrap</p>	<p>Deli Bar Tuna Salad Sandwich</p>	<p>Deli Bar Buffalo Chicken Wrap</p>	
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings					
	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</p>	<p>Chicken Salad</p>	<p>Tuna Salad Plate garden salad topped with freshly made tuna salad</p>	
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Orange Applesauce</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Sliced Peaches Fresh Banana</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Watermelon Slices Mixed Fruit</p>	



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