

Timberlane Middle School

Welcome to our
Lunch Cafe

11/1/2019 - 11/1/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



MEATLESS MONDAY



Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
sauce 🌱
Brown Rice
Fiesta Com

Homemade Chicken
Parmesan Calzone
freshly prepared dough
lightly brushed with oil &
garlic stuffed with
chicken breast topped
with tomato sauce,
mozzarella & Parmesan
cheese 🌱🌱

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

Smokehouse Pulled
Pork Sandwich
smokehouse pulled
pork on a roll with cole
slaw 🌱
Baked Potato Wedges

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.

Deli Bar
Buffalo Chicken Wrap
🌱

Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings

Tuna Salad Plate
garden salad topped
with freshly made tuna
salad 🌱

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

Make Your Own Salad
with assorted veggies,
meats, cheeses or tuna
salad
Fresh Empire Apple
Diced Pear Cup

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

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

***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.

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

Timberlane Middle School

Welcome to our
Lunch Cafe

11/4/2019 - 11/8/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain French Toast
slices of French toast baked to perfection
Crispy Pork Sausage Links
Cinnamon Apple Slices
Crispy Potato Puffs

Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Soft Tacos
Brown Rice
Fiesta Corn

Pasta, Pasta, Pasta
pasta with the sauce of your choice: Alfredo, marinara or bolognese
Steamed Carrots

Homemade Shepherd's Pie
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy
Whole Wheat Dinner Roll

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Brown Rice
Fiesta Corn



Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection

White Pizza
freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection

Homemade three Cheese Calzone
calzone stuffed with three delicious melted cheeses

Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball

Homemade Chicken Parmesan Calzone
freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese

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



Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Sweet Potato Fries

Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes
Sweet Potato Fries

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

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house
Sweet Potato Fries

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

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.



Deli Bar
Chicken Caesar Wrap

Deli Bar
Vegetarian Hummus Wrap

Deli Bar
Egg Salad Wrap

Deli Bar
Turkey BLT Wrap

Deli Bar
Buffalo Chicken Wrap

Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings



Chef Salad
fresh lettuce topped with sliced deli meats and cheeses

Garden Salad with Cheese Entree
fresh garden salad topped with cheese

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs

Chicken Salad

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 and Yogurt Parfait. Includes whole wheat dinner roll and your



Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Empire Apple
Mixed Fruit

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Orange
Applesauce

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Sliced Peaches
Fresh Banana

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Grapes
Mixed Fruit

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Empire Apple

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

11/11/2019 - 11/15/2019

MEATLESS MONDAY











Monday

Tuesday

Wednesday

Thursday

Friday

 		<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>Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings</p>	<p>Chicken Bowl with Gravy popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🌮</p> <p>Dinner Rolls</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce</p> <p>Brown Rice Fiesta Corn</p>
 		<p>White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🌿</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatb all</p> <p>P 🌮</p>	<p>Pigs in a Blanket</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>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough</p>					
 		<p>French dip Thinly sliced beef on a toasted baguette or roll, served with melted mozzarella cheese and a side of gravy.</p> <p>Sweet Potato Fries</p>	<p>Turkey Hot Dog on Bun turkey hot dog on soft bun</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>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw P</p> <p>Baked Potato Wedges</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.</p>					
		<p>Deli Bar Turkey BLT Wrap 🌮</p>	<p>Deli Bar Egg Salad 🌿 🌮</p>	<p>Deli Bar Ham & Cheese Wrap P</p>	<p>Deli Bar Buffalo Chicken Wrap 🌮</p>
<p>Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings</p>					
		<p>Tuna Salad Plate garden salad topped with freshly made tuna salad 🌮</p>	<p>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🌮</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌮</p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese 🌿 🌮</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner roll and your</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>Fresh Banana Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Watermelon Slices Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Granny Smith Apple</p>
<p>Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals.</p>					

WHITSON'S School Nutrition





SIMPLY ROOTED

in food & family

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 VEGETARIAN
  MADE WITH NATURAL INGREDIENTS
  PORK
  MADE WITH ORGANIC INGREDIENTS

Timberlane Middle School

Welcome to our
Lunch Cafe

11/18/2019 - 11/22/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Spicy Chicken Tenders
whole muscle spicy chicken tenders
Sweet Potato Fries
Green Beans
Whole Wheat Dinner Roll

Sloppy Joe on a Bun
homemade sloppy joe served on a soft bun
Crispy Potato Puffs
Green Beans

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

General Tso's Chicken sandwich
crispy chicken in General Tso's sauce served as a sandwich
Brown Rice
Vegetable Egg Roll
Steamed Broccoli

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Brown Rice
Fiesta Corn



Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection

Homemade three Cheese Calzone
calzone stuffed with three delicious melted cheeses

Macho Taco Pizza
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil

French Bread Pizza
toasted French bread topped with pizza sauce and melted cheese

Homemade Chicken Parmesan Calzone
freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese

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



Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Sweet Potato Fries

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

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

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house
Baked Potato Wedges

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

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.



Deli Bar
Roast Beef Sandwich

Deli Bar
Turkey BLT Wrap

Deli Bar
Ham & Cheese Wrap

Deli Bar
Chicken Salad Wrap

Deli Bar
Buffalo Chicken Wrap

Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings



Chef Salad
fresh lettuce topped with sliced deli meats and cheeses

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs

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

Chef Salad
fresh lettuce topped with sliced deli meats and cheeses

Tuna Salad Plate
garden salad topped with freshly made tuna salad

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



Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Empire Apple
Mixed Fruit

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Orange
Applesauce

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Mixed Fruit
Fresh Melon Cup

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Banana
Applesauce

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Empire Apple
Diced Pear Cup

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** **P PORK** **MADE WITH ORGANIC INGREDIENTS**

Timberlane Middle School

Welcome to our
Lunch Cafe

11/25/2019 - 11/29/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy 🌱
Fluffy Mashed Potatoes
Corn Bread Stuffing
Green Beans
Cranberry Sauce

Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Soft Tacos
Brown Rice
Fiesta Corn



Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection 🌱🌱

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

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



Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱
Sweet Potato Fries

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.



Deli Bar
Chicken Caesar Wrap 🌱🌱

Deli Bar
Chicken Salad Wrap 🌱

Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings



Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🌱🌱

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

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Empire Apple
Mixed Fruit

Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad
Fresh Orange
Applesauce



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VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS