Timberlane Middle School

Welcome to our Lunch Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday Nachos Grande
World St.					tortilla chips topped with freshly prepared mexi style meat and cheese
					sauce 🤭 Brown Rice Fiesta Com
Coyote					
10					Homemade Chicken Parmesan Calzone freshly prepared dough
CUCINA					lightly brushed with oil a garlic stuffed with chicken breast topped
	88				with tomato sauce, mozzarella & Parmesar cheese 🔗 📎
	Available Daily: C	Cheese Pizza, Pepperoni Piz	za and Special Calzone or Pizz	a all featuring whole grain	rich pizza dough Smokehouse Pulled
Miss					Pork Sandwich smokehouse pulled pork on a roll with cole
RUBY'S					Baked Potato Wedges
		Available Daily: Hamburger	s, Cheeseburgers, Veggie Bu	rgers, & Chicken Patties,	
		Available Bally. Fallibarger	s, oneesebargers, veggie a	gers, a onoterri attes.	Deli Bar
Great Stan					Buffalo Chicken Wrap ලි
and a second					
	Daily: Boars Head co	old cuts, popcorn chicken, t	una, cheeses & whole grain	bread, rolls and wraps wi	
Frait and EXPRESS					Tuna Salad Plate garden salad topped with freshly made tuna salad _{ලි}
	Available Daily: Garden	Salad, Chef Salad, Caesar Sa	lad & Organic Fruit and Yogurt	Parfait. Includes whole wh	neat dinner roll and your
			shain af furit and mille		Make Your Own Salac with assorted veggies,
Healthy					meats, cheeses or tuna salad Fresh Empire Apple
					Diced Pear Cup
	Salad Bar, Fruit Cups, & F	Fresh Fruits Available Daily	. Also a Variety of Milks avai	ilable with all Meals.	
HITSONS' SIMP	ΙΥΒΟΟ	NRD At least	Meal price includes: protein c two types of milk available daily:		sh fruit choice & bread choice.
Ne are Simply Rooted™ in food and	IN JOOA & family. Our menus are healthy, nutritio	C JAMILY us and flavorful,	two types of milk available daily: Available daily with salad lunch: 1suming raw or under cooked meat, poultry,	protein choice, whole grain i	tem, fruit choice & milk choice
nade from wholesome ingredients. W	Ve are phasing out processed foods and options. We also offer gluten and aller	instead, offering you have certain r	nedical conditions. Menu is subject to chang	e, notice posted when available. If you h	our risk of jood borne litness, especially i ave any questions or would like additiona nsitution is an equal opportunity provider

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Welcome to our Lunch Cafe

11/4/2019 - 11/8/	ATLESS THOMAN				
World St. Market	Monday Whole Grain French Toast slices of French toast baked to perfection Crispy Pork Sausage	Tuesday Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Brown Rice	Wednesday Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese Steamed Carrots	Thursday Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mached nattage	Friday Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Cayote GRILL	Links Cinnamon Apple Slices Crispy Potato Puffs	Fiesta Com		mashed potatoes, melted cheese, and gravy Whole Wheat Dinner Roll	Brown Rice Fiesta Com
1ª CUCINA	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 o o	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P >> a all featuring whole grain ri	Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese o
	Grilled Cheese	Chicken Club	Philly Cheese Steak	BBQ Chicken	Meatball Hero
	sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house Sweet Potato Fries	Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes Sweet Potato Fries	thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in- house Sweet Potato Fries	Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house Sweet Potato Fries	freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🔗 🗞 Baked Potato Wedges
			, Cheeseburgers, Veggie B	urgers, & Chicken Patties.	
Great Samerican	Deli Bar Chicken Caesar Wrap <i>앉</i> &	Deli Bar Vegetarian Hummus Wrap 🤭	Deli Bar Egg Salad Wrap 🤭	Deli Bar Turkey BLT Wrap 🤭	Deli Bar Buffalo Chicken Wrap 🤌
	-			bread, rolls and wraps with	• •
Frait Area EXPRESS	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p &	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 S	Salad, Chef Salad, Caesar Sala	ad & Organic Fruit and Yogur	Parfait. Includes whole whe	at dinner roll and your
Healthy MARVEST	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 & Fr	esh Fruits Available Daily. A	Also a Variety of Milks Avai	able with all Meals.	
WHITSONS' SIMP	LY ROO in food &		vo types of milk available daily	choice, fresh veggie choice, fresh : 1% low fat unflavored, fat free : protein choice, whole grain ite	flavored, fat free unflavored.
made from wholesome ingredients. W more natural, organic and non GMO	family. Our menus are healthy, nutrition le are phasing out processed foods and options. We also offer gluten and allerg vavailable. Check us out at www.Whitso	is and flavorful, ***Cons instead, offering you have certain me en free foods	uming raw or under cooked meat, poultry edical conditions. Menu is subject to chang information regarding this menu, pleas	: protein choice, whole grain ite , seafood, shellfish or eggs may increase you ge, notice posted when available. If you hav e contact the food service director. This insi GREDIENTS PPORK MADI	ur risk of food borne illness, especially if e any questions or would like additional tution is an equal opportunity provider.
in or sustain the sustain the sustained by the sustained		VEGETARIAN			

World ST MARKET	Monday	Tuesday Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Brown Rice Fiesta Com	Wednesday Ramen Noodle Bar create your own authentic ramen noodle soup bowl with assorted toppings	Thursday Chicken Bowl with Grawy popcom chicken layered with mashed potatoes and com, smothered in gravy Dinner Rolls	Friday Nachos Grande tortilla chips topped wit freshly prepared mex style meat and cheese sauce Brown Rice Fiesta Com
LUCINA CUCINA NEALES	5 Y	White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection @	Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	Pigs in a Blanket	Homemade Chicken Parmesan Calzone freshly prepared doug lightly brushed with oil garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesa cheese 🔗 🗞
Miss RUBY'S GRILL NEAL555	Available Daily: C	French dip Thinly sliced beef on a toasted baguette or roll, served with melted mozzarella cheese and a side of gravy. Sweet Potato Fries	Turkey Hot Dog on Bun turkey hot dog on soft bun Sweet Potato Fries	freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella ऌ છ Sweet Potato Fries	ch pizza dough Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Baked Potato Wedge
Great CAN		Available Daily: Hamburgers Deli Bar Turkey BLT Wrap 🤭	<mark>, Cheeseburgers, Veggie E</mark> Deli Bar Egg Salad ⊘ ⊘	Deli Bar Deli Bar Ham & Cheese Wrap P	Deli Bar Buffalo Chicken Wrap <i>(</i> 9)
Frait And	Daily: Boars Head co	Id cuts, popcorn chicken, tu Tuna Salad Plate garden salad topped with freshly made tuna salad ₍₂₀)	na, cheeses & whole grain Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🔗	bread, rolls and wraps with Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🔗	Garden Salad with Cheese Entree fresh garden salad topped with cheese
Healthy	Available Daily: Garden	Salad, Chef Salad, Caesar Sala Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Orange Applesauce	d & Organic Fruit and Yogur Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Banana Mixed Fruit	t Parfait. Includes whole whe Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Watermelon Slices Mixed Fruit	at dinner roll and your Make Your Own Sala with assorted veggies meats, cheeses or tun salad Fresh Granny Smith Apple
	Salad Bar, Fruit Cups, & I	resh Fruits Available Daily.	Also a Variety of Milks ava	ilable with all Meals.	

Timb 11/18/2019 - 11/2	22/2019	Middle			come to our Lunch Cafe
World	Monday Spicy Chicken Tenders whole muscle spicy chicken tenders Sweet Potato Fries Green Beans Whole Wheat Dinner Roll	Tuesday Sloppy Joe on a Bun homemade sloppy joe served on a soft bun ⊘ Crispy Potato Puffs Green Beans	Wednesday Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta ⊘ ⊗ Steamed Carrots	Thursday General Tso's Chicken sanwich crispy chicken in General Tso's sauce served as a sandwich Brown Rice Vegetable Egg Roll Steamed Broccoli	Friday Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Com
LUCINA NEALES	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 go	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 🔗 🗞
Miss RUBY°S GRILL	Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house Sweet Potato Fries	Turkey Hot Dog on Bun <i>turkey hot dog on soft</i> <i>bun</i> Sweet Potato Fries Available Daily: Hamburgers	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 urgers, & Chicken Patties.	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll © Baked Potato Wedges
Great Samerican	Deli Bar Roast Beef Sandwich Daily: Boars Head co	Deli Bar Turkey BLT Wrap 🤭 Id cuts, popcorn chicken, tu	Deli Bar Ham & Cheese Wrap P Ina, cheeses & whole grain	Deli Bar Chicken Salad Wrap 🤌 bread, rolls and wraps with	Deli Bar Buffalo Chicken Wrap <i>(</i>)
Frait And EXPRESS	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p	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 p	Tuna Salad Plate garden salad topped with freshly made tuna salad 🎅
	Available Daily: Garden S Make Your Own Salad	Salad, Chef Salad, Caesar Sala Make Your Own Salad	ad & Organic Fruit and Yogurt Make Your Own Salad	t Parfait. Includes whole whe Make Your Own Salad	at dinner roll and your Make Your Own Salad
Healthy	with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Mixed Fruit	with assorted veggies, meats, cheeses or tuna salad Fresh Orange Applesauce	with assorted veggies, meats, cheeses or tuna salad Mixed Fruit Fresh Melon Cup	with assorted veggies, meats, cheeses or tuna salad Fresh Banana Applesauce	with assorted veggies, meats, cheeses or tuna salad Fresh Empire Apple Diced Pear Cup
	Salad Bar, Fruit Cups, & F	resh Fruits Available Daily.	Also a Variety of Milks ava	ilable with all Meals.	
WHITSONS' SIMP	LY ROO		vo types of milk available daily:	choice, fresh veggie choice, fres : 1% low fat unflavored, fat free	flavored, fat free unflavored.
We are Simply Rooted TM in food and f made from wholesome ingredients. W more natural, organic and non GMO and purchase locally when seasonally	amily. Our menus are healthy, nutritio e are phasing out processed foods and options. We also offer gluten and allerg	us and flavorful, ***Cons instead, offering you have certain m gen free foods	suming raw or under cooked meat, poultry edical conditions. Menu is subject to chang information regarding this menu, pleas	: protein choice, whole grain ite , seafood, shellfish or eggs may increase yor ge, notice posted when available. If you hav c contact the food service director. This insi GREDIENTS PORK &MADI	r risk of food borne illness, especially if e any questions or would like additional tution is an equal opportunity provider.

M	Monday	Tuesday	Wednesday	Thursday	Friday
World ST MARKET Coyote GRILL	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 Com		THANKSGIVING	
CUCINA	Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection ⊗ છ	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses @ @			
	Available Daily: C	cheese Pizza, Pepperoni Pizza	and Special Calzone or Pizz	a all featuring whole grain rid	ch pizza dough
Misa RUBY'S GRILL	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 B	urgers, & Chicken Patties.	
Great Samerican	Deli Bar Chicken Caesar Wrap <i>⊘</i> &	Deli Bar Chicken Salad Wrap ऌ			
	Daily: Boars Head co	ld cuts, popcorn chicken, tur	a chaosos & whole grain	bread rolls and wraps with	vegetable toppings
Frait Star EXPRESS	Chef Salad fresh lettuce topped with sliced deli meats and cheeses p %	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions @ ?			regetable toppings
	Available Daily: Gar	den Salad, Chef Salad, Caesar	Salad, Includes whole whe	at dinner roll and your choice	of fruit and milk
Healthy	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			