

Timberlane Middle School

Welcome to our
Lunch Cafe

12/2/2019 - 12/6/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken and Waffles
crispy chicken placed on top of fluffy waffles
Applesauce Syrup
Crispy Potato Puffs

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

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

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷
Steamed Broccoli
Homemade Garlic Bread
Sweet Potato Fries

Nachos Grande
torilla 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 🍷 🍷

Pigs in a Blanket

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



MEATLESS MONDAY

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

General Tso's Chicken Sandwich with Sweet Potato Fries

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

Grilled Chicken Teriyaki Sandwich
grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house 🍷
Baked Potato Wedges

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



Deli Bar
Roast Beef Sandwich

Deli Bar
Chicken Salad Wrap 🍷

Deli Bar
Ham & Cheese Wrap 🍷

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 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 🍷 🍷

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
Mixed Fruit
Sliced Peaches

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
Applesauce
Sliced Peaches

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

Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals.



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

12/9/2019 - 12/13/2019

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

Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Whole Wheat Dinner Roll
Fluffy Mashed Potatoes
Sweet Corn

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 🌱🌱

Buffalo Chicken Pizza

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

Whole Grain Fish Sticks
Whole Wheat Dinner Roll
Sweet Potato Fries

Eggplant Parm Hero
breaded eggplant with sauce and melted mozzarella on a club roll 🌱🌱🌱
Sweet Potato Fries

Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱
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
Chicken Salad Wrap 🌱

Deli Bar
Egg 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 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 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 🌱🌱

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
Mixed Fruit
Fresh Apple

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
Fresh Apple

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

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

12/16/2019 - 12/20/2019

MEATLESS MONDAY










Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Whole Grain Waffles with Sausage <i>light and crispy waffles served with a sausage patty</i> Crispy Potato Puffs Applesauce</p>	<p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Soft Tacos Brown Rice Fiesta Corn</p>	<p>Ramen Noodle Bar <i>create your own authentic ramen noodle soup bowl with assorted toppings</i></p>	<p>Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Corn Bread Stuffing Fluffy Mashed Potatoes Green Beans Cranberry Sauce</p>	<p>Nachos Grande <i>torilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Fiesta Corn</p>
 	<p>Pizza Bagel <i>melted cheese and tomato sauce on a toasted bagel, baked to perfection</i></p>	<p>Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i></p>	<p>Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meat all</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 & Parmesan cheese</i></p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough</p>					
 	<p>Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> Sweet Potato Fries</p>	<p>BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> Sweet Potato Fries</p>	<p>Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> 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> Sweet Potato Fries</p>	<p>Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> Baked Potato Wedges</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.</p>					
	<p>Deli Bar Chicken Caesar Wrap</p>	<p>Deli Bar Turkey Club Wrap</p>	<p>Deli Bar Chicken Salad Wrap</p>	<p>Deli Bar Ham & Cheese Wrap</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>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</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>	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i></p>	<p>Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i></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 Mixed Fruit Fresh Apple</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 Fresh Banana Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Orange Mixed Fruit</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Granny Smith Apple Sliced Peaches</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

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.

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS

Timberlane Middle School

Welcome to our
Lunch Cafe

12/23/2019 - 12/27/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

					
					
 MEATLESS MONDAY					
 MEATLESS MONDAY					
					
					
					

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

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

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

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.

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

12/30/2019 - 12/31/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



	Monday	Tuesday	Wednesday	Thursday	Friday
World MARKET					
Coyote GRILL					
La CUCINA	Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough				
Miss RUBY'S GRILL	Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.				
Great AMERICAN SANDWICH CO.	Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with vegetable toppings				
Fruit EXPRESS	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Healthy HARVEST					

WHITSON'S School Nutrition

SIMPLY ROOTED

in food & family

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VEGETARIAN
 MADE WITH NATURAL INGREDIENTS
 PORK
 MADE WITH ORGANIC INGREDIENTS