

# Timberlane Middle School

Welcome to our  
Lunch Cafe

2/3/2020 - 2/7/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Sausage, Egg and Cheese Sandwich  
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese  
Crispy Potato Puffs  
Cinnamon Applesauce

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

Homemade Pasta & Meatballs  
freshly baked meatballs with tomato sauce over pasta  
Homemade Garlic Bread  
Green Beans

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

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

BBQ Chicken Pizza  
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

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 &

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  
Potato Fries

Double Bacon Burger  
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun  
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

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

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



**MEATLESS MONDAY**

Deli Bar  
assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Chicken Caesar Wrap

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Egg Salad Wrap

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Chicken Salad Wrap

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Roast Beef Sandwich

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Turkey Club Wrap

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



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

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



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  
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



**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](http://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
 Smart Choice
 Made With Organic Ingredients

# Timberlane Middle School

Welcome to our  
Lunch Cafe

2/10/2020 - 2/14/2020

**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>Staff Development Day</p> <p>No School</p>	<p>Chicken, Beef or Shrimp Fajitas with a variety of topping &amp; yellow rice and beans Prepared by Visiting Chef Rich</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>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 &amp; garlic stuffed with chicken breast topped with tomato sauce, mozzarella &amp;</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 golden toasted bread with melted gooey cheese pressed and prepared in-house </p> <p>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 sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house </p>
<p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, &amp; Chicken Patties. </p>					
	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Caesar Wrap</p>		<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Egg Salad Wrap </p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap</p>
<p>Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses &amp; whole grain bread, rolls and wraps with</p>					
	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses  </p>		<p>Garden Salad with Hard Boiled Eggs &amp; 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>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad &amp; Organic Fruit and Yogurt Parfait. Includes whole wheat dinner</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 Sliced Peaches Fresh Banana</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Fresh Grapes Mixed Fruit Fresh Apple</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad Sliced Peaches Fresh Apple</p>
<p>Salad Bar, Fruit Cups &amp; Fresh Fruits Available Daily. Also a Variety of Milks Available with all Meals.</p>					

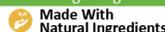


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# Timberlane Middle School

Welcome to our  
Lunch Cafe

2/17/2020 - 2/21/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

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

Buffalo Chicken Mac & Cheese  
pasta in cheese sauce, topped with buffalo style chicken  
Homemade Mac & Cheese  
Green Beans  
Homemade Garlic

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

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

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

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 &

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



**MEATLESS MONDAY**

Grilled Cheese Sandwich  
toasted bread with gooey cheese and 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

Double Bacon Burger  
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun  
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

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

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



**MEATLESS MONDAY**

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Chicken Caesar Wrap

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Turkey Club Wrap

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Egg Salad Wrap

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Ham & Cheese Wrap

Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich  
Buffalo Chicken Wrap

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



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

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

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 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  
Fresh Banana  
Mixed Fruit

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

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

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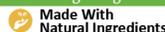


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# Timberlane Middle School

Welcome to our  
Lunch Cafe

2/24/2020 - 2/28/2020

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday

# VACATION



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



**MEATLESS MONDAY**

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



**MEATLESS MONDAY**

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



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



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



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