

Timberlane Middle School

Welcome to our
Lunch Cafe

2/3/2020 - 2/7/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</p> <p>Crispy Potato Puffs Cinnamon Applesauce</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos Chicken Fajita Wrap</p> <p>Brown Rice Fiesta Corn</p>	<p>Homemade Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta</p> <p>Homemade Garlic Bread Green Beans</p>	<p>Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</p> <p>Steamed Broccoli Homemade Garlic</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>BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion</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 &</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>Potato Fries</p>	<p>Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</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>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>	<p>Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Chicken Caesar Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Egg Salad Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Chicken Salad Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Roast Beef Sandwich</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Turkey Club Wrap</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	<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>Chef Salad fresh lettuce topped with sliced deli meats and cheeses</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					
	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Mixed Fruit Fresh Apple</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>Sliced Peaches Fresh Banana</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Applesauce Sliced Peaches</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Diced Pear Cup Fresh Apple</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

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

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 & 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 & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & 🌱</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>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>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. 🌱					
	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Chicken Caesar Wrap</p>		<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Chicken Salad Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Egg Salad Wrap 🌱</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Buffalo Chicken Wrap</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with 🌱					
	<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>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱🌱</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner 🌱					
	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Mixed Fruit Fresh Apple</p>		<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Sliced Peaches Fresh Banana</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Fresh Grapes Mixed Fruit Fresh Apple</p>	<p>Make Your Own Salad with assorted veggies, meats, cheeses or tuna salad</p> <p>Sliced Peaches Fresh Apple</p>
Salad Bar, Fruit Cups & Fresh Fruits Available Daily. Also a Variety of Milks Available with all Meals. 🌱					

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Vegetarian

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Pork

Smart Choice

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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 <i>crispy chicken placed on top of fluffy waffles</i> Applesauce Crispy Potato Puffs	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Soft Tacos Brown Rice Fiesta Corn	Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken</i> Homemade Mac & Cheese Green Beans Homemade Garlic	Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Corn Bread Stuffing Fluffy Mashed Potatoes Green Beans	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Fiesta Corn
	Pizza Bagel <i>melted cheese and tomato sauce on a toasted bagel, baked to perfection</i>	Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i>	Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</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 &</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	Grilled Cheese Sandwich <i>toasted bread with gooey cheese and prepared in-house</i> Sweet Potato Fries	BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> Sweet Potato Fries	Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</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 Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i> Baked Potato Wedges
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Chicken Caesar Wrap	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey Club Wrap	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Egg Salad Wrap	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Ham & Cheese Wrap	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Buffalo Chicken Wrap
Available Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i>	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i>	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i>	Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i>	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 <i>with assorted veggies, meats, cheeses or tuna salad</i> Mixed Fruit Fresh Apple	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Orange Applesauce	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Banana Mixed Fruit	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Orange Mixed Fruit	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Fresh Granny Smith Apple Sliced Peaches
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 Vegetarian

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 Pork

 Smart Choice

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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

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

MEATLESS
MONDAY

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

Great
AMERICAN
SANDWICH CO.

MEATLESS
MONDAY

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

Fruit
EXPRESS

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

Healthy
HARVEST

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



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