

# Timberlane Middle School

Welcome to our  
Lunch Cafe

3/2/2020 - 3/6/2020

**MEATLESS MONDAY**






























**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

 	Chicken and Waffles <i>crispy chicken placed on top of fluffy waffles</i> Crispy Potato Puffs Cinnamon Applesauce	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Soft Tacos Chicken Fajita Wrap  Brown Rice Fiesta Corn	Homemade Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i>  Homemade Garlic Bread Green Beans	Chicken Nugget & Mozzarella Stick Combo <i>Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</i>  Steamed Broccoli Homemade Garlic	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> 	BBQ Chicken Pizza <i>freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion</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 &amp; garlic stuffed with chicken breast topped with tomato sauce, mozzarella &amp;</i> 
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough 					
	Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed 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	Philly Cheese Steak <i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</i> 	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i>  Baked Potato Wedges	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce &amp; tomato prepared in-house</i> 
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. 					
	Deli Bar <i>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> Egg Salad Wrap 	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Chicken Salad Wrap	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Roast Beef Sandwich	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey Club Wrap 
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>  	Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i>  	Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i>  	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> 
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> Sliced Peaches Fresh Banana	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Applesauce Sliced Peaches	Make Your Own Salad <i>with assorted veggies, meats, cheeses or tuna salad</i> Diced Pear Cup Fresh Apple
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](http://www.whitsons.com).

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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

# Timberlane Middle School

Welcome to our  
Lunch Cafe

3/9/2020 - 3/13/2020

**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>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos Chicken Fajita Brown Rice Fiesta Corn</p>	<p>Beef and Tomato Macaroni Casserole elbow macaroni mixed with cooked beef, tomato sauce, and cheese 🌱</p> <p>Homemade Garlic Bread Green Beans</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>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱</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>
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>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun 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>Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</p> <p>Baked Potato Wedges</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>Turkey Club 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>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</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>
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>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.					

WHITSON'S  
School Nutrition


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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 Vegetarian

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 Pork

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# Timberlane Middle School

Welcome to our  
Lunch Cafe

3/16/2020 - 3/20/2020

**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 Chicken Fajita 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	Chicken Pot Pie	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 &amp; garlic stuffed with chicken breast topped with tomato sauce, mozzarella &amp;</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 melted 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
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
Salad Bar, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals					



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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

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# Timberlane Middle School

Welcome to our  
Lunch Cafe

3/23/2020 - 3/27/2020

**MEATLESS MONDAY**











**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

 	<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce</p> <p>Fluffy Mashed Potatoes</p> <p>Homemade Garlic Bread</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos</p> <p>Chicken Fajita Wrap</p> <p>Brown Rice Fiesta Corn</p>	<p>Staff Development Day</p> <p>No School</p>	<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy</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>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>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
 	<p>Grilled Cheese Sandwich on toasted bread with melted gooey cheese served and prepared in-house</p> <p>Sweet 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>NATIONAL NUTRITION MONTH MARCH 2019</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 &amp; 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>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>
Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
 	<p>Chef Salad lettuce topped with sliced deli meats and cheeses</p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese</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>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>

WHITSON'S  
School Nutrition


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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 Vegetarian

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 Pork

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# Timberlane Middle School

Welcome to our  
Lunch Cafe

3/30/2020 - 3/31/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Double Hot Dogs  
with Chili, Cheese and  
Onion toppings



Baked Beans  
Oven Fries

Crispy Tacos  
*homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese*  
Soft Tacos  
Chicken Fajita Wrap  
   
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

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

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



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

**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*

**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



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