

# Timberlane Middle School

Welcome to our  
Lunch Cafe

1/4/2021 - 1/8/2021

## Monday

Baked Chicken  
Fluffy Mashed  
Potatoes  
Sweet Corn  
Whole Wheat Dinner  
Roll  
Cranberry Sauce

## Tuesday

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

## Wednesday

To Go Meal Pick up  
8:00am until 11:00 am  
  
At All 4 Elementary  
Schools

## Thursday

Pasta & Meat Sauce  
*freshly cooked pasta with  
meat sauce*  
Homemade Garlic  
Bread  
Green Beans

## Friday

Nachos Grande  
*tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce*  
Brown Rice  
Fiesta Corn

French Bread Pizza  
*toasted French bread  
topped with pizza sauce  
and melted cheese*

Homemade three  
Cheese Calzone  
*calzone stuffed with three  
delicious melted  
cheeses*

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*

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

Smokehouse Pulled  
Pork Sandwich  
*smokehouse pulled pork  
on a roll with cole slaw*  
Sweet Potato Fries

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

General TSO's  
Chicken Sandwich  
with Oven Fries

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

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

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

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

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

Egg Salad Plate with 2  
Dinner Rolls  
*on a bed of lettuce with  
carrots, cucumbers and  
tomatoes*

Greek Salad  
*romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions*

Chef Salad  
*fresh lettuce topped with  
sliced deli meats and  
cheeses*

Tuna Salad Plate  
*garden salad topped with  
freshly made tuna salad*

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

Diced Pear Cup  
Fresh Apple  
Side Salad  
Potato Salad  
Homemade Lite Veggie  
Pasta Salad

Applesauce  
Sliced Peaches  
Potato Salad  
Side Salad  
Confetti Garbanzo  
Bean Salad  
Homemade Lite Veggie  
Pasta Salad

Applesauce  
Sliced Peaches  
Potato Salad  
Side Salad  
Confetti Garbanzo  
Bean Salad  
Homemade Lite Veggie  
Pasta Salad

Diced Pear Cup  
Fresh Apple  
Side Salad  
Potato Salad  
Homemade Lite Veggie  
Pasta Salad  
Baby Carrots

Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits



**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).

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1% fat free or flavored milk & a grain.

\*\*\*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.



# Timberlane Middle School

Welcome to our  
Lunch Cafe

1/11/2021 - 1/15/2021

## Monday

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce 🌮  
Brown Rice  
Fiesta Corn

## Tuesday

Pasta & Meat Sauce  
freshly cooked pasta with  
meat sauce 🍝  
Homemade Garlic  
Bread  
Green Beans

## Wednesday

## Thursday

Baked Chicken  
Fluffy Mashed  
Potatoes  
Sweet Corn  
Cranberry Sauce

## Friday

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



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 🍕

Garlic Cheese Biscuit

Homemade three  
Cheese Calzone  
calzone stuffed with three  
delicious melted  
cheeses 🍕

French Bread Pizza  
toasted French bread  
topped with pizza sauce  
and melted cheese 🍕

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



General TSO's  
Chicken Sandwich  
with Oven Fries

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

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

Smokehouse Pulled  
Pork Sandwich  
smokehouse pulled pork  
on a roll with cole slaw  
P  
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  
Ham & Cheese

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  
Buffalo Chicken 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 P 🍷

Tuna Salad Plate  
garden salad topped with  
freshly made tuna salad  
🍷

Buffalo Chicken Salad  
with Dinner Rolls  
spicy chicken on a bed of  
romaine lettuce with  
cucumbers, carrots and  
tomatoes 🍷

Egg Salad Plate with 2  
Dinner Rolls  
on a bed of lettuce with  
carrots, cucumbers and  
tomatoes 🍷

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



Applesauce  
Sliced Peaches  
Potato Salad  
Side Salad  
Confetti Garbanzo  
Bean Salad  
Homemade Lite Veggie  
Pasta Salad

Diced Pear Cup  
Fresh Apple  
Side Salad  
Potato Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Grapes  
Mixed Fruit  
Fresh Apple  
Potato Salad  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Applesauce  
Sliced Peaches  
Potato Salad  
Side Salad  
Confetti Garbanzo  
Bean Salad  
Homemade Lite Veggie  
Pasta Salad

Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits



## 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).

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1% fat free or flavored milk & a grain.

\*\*\*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.





# Timberlane Middle School

Welcome to our  
Lunch Cafe

1/18/2021 - 1/22/2021










Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Civil Rights Day</p> <p>No School</p>	<p>Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes Sweet Corn Cranberry Sauce Garlic Cheese Biscuit</p>	<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 🍷 Dinner Rolls</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍷 Brown Rice Fiesta Corn</p>
		<p>Pepperoni and Cheese Calzone 🍷 🍷</p>	<p>White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🍷</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>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw 🍷 Sweet Potato Fries</p>	<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house 🍷 Sweet Potato Fries</p>	<p>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍷 🍷 Sweet Potato Fries</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 Buffalo Chicken Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham &amp; Cheese 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>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with				
		<p>Egg Salad Plate with 2 Dinner Rolls on a bed of lettuce with carrots, cucumbers and tomatoes 🍷 🍷</p>	<p>Garden Salad with Chicken Salad chicken salad on a bed of lettuce, cucumbers, carrots and tomatoes 🍷</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>Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>
Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits				



**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).

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1% fat free or flavored milk & a grain.

\*\*\*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.



# Timberlane Middle School

Welcome to our  
Lunch Cafe

1/25/2021 - 1/29/2021

## Monday

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce 🌱  
Brown Rice  
Fiesta Corn

## Tuesday

Whole Grain French  
Toast  
slices of French toast  
baked to perfection 🌱  
Crispy Pork Sausage  
Links  
Crispy Potato Puffs

## Wednesday

## Thursday

Baked Chicken  
Fluffy Mashed  
Potatoes  
Sweet Corn  
Cranberry Sauce

## Friday

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

Homemade Meatball  
Calzone  
fresh dough lightly  
brushed with garlic and  
oil sauce made from  
scratch, rolled with low  
fat seasoned ricotta and

Macho Taco Pizza  
homemade fiesta style  
taco meat, tomato sauce,  
mozzarella and parmesan  
cheese a top pizza crust  
brushed with garlic and  
oil 🌱

Pepperoni and Cheese  
Calzone P 🌱

White Pizza  
freshly made pizza dough  
brushed with garlic and  
oil, topped with  
mozzarella cheese,  
baked to perfection 🌱

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

General Tso's  
Chicken Sandwich  
with Fries

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

Smokehouse Pulled  
Pork Sandwich  
smokehouse pulled pork  
on a roll with cole slaw  
P  
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 Burgers, & Chicken Patties.

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

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

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

Garden Salad with  
Chicken Salad  
on a bed of  
lettuce, cucumbers,  
carrots and tomatoes 🌱

Buffalo Chicken Salad  
with Dinner Rolls  
spicy chicken on a bed of  
romaine lettuce with  
cucumbers, carrots and  
tomatoes 🌱

Egg Salad Plate with 2  
Dinner Rolls  
on a bed of lettuce with  
carrots, cucumbers and  
tomatoes 🌱

Buffalo Chicken Salad  
with Dinner Rolls  
spicy chicken on a bed of  
romaine lettuce with  
cucumbers, carrots and  
tomatoes 🌱

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

Fresh Orange  
Mixed Fruit  
Potato Salad  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Diced Pear Cup  
Fresh Apple  
Side Salad  
Potato Salad  
Homemade Lite Veggie  
Pasta Salad

Applesauce  
Sliced Peaches  
Potato Salad  
Side Salad  
Confetti Garbanzo  
Bean Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Grapes  
Mixed Fruit  
Potato Salad  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits



**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).

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1% fat free or flavored milk & a grain.

\*\*\*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.

