

Timberlane Middle School

Welcome to our
Lunch Cafe

10/1/2020 - 10/2/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 				Chicken with Gravy <i>roasted chicken covered with gravy</i> Fluffy Mashed Potatoes Sweet Corn Whole Wheat Dinner Roll	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Fiesta Corn
				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					
				Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> Baked Potato Wedges	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i>
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> 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					
				Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</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					
				Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad	Diced Pear Cup Fresh Apple Side Salad Potato 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.

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

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Timberlane Middle School

Welcome to our
Lunch Cafe

10/5/2020 - 10/9/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Chicken with Gravy roasted chicken covered with gravy Fluffy Mashed Potatoes Sweet Corn Whole Wheat Dinner Roll</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱 Brown Rice Fiesta Corn</p>		<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 🌱 Whole Wheat Dinner Roll</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Brown Rice Fiesta Corn</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 & parmesan cheese 🌱</p>		<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🌱 P 🌱</p>	<p>Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 🌱 🌱</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 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>		<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in- house 🌱 Sweet Potato Fries</p>	<p>Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun 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 Roast Beef Sandwich</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club 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>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱 🌱</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>	<p>Tuna Salad Plate garden salad topped with freshly made tuna salad 🌱</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</p>	<p>Diced Pear Cup Fresh Apple Side Salad Potato Salad</p>		<p>Fresh Grapes Mixed Fruit Fresh Apple Potato Salad Side Salad</p>	<p>Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad</p>
Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits					

WHITSON'S
School Nutrition


SIMPLY ROOTED
in food & family

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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

10/12/2020 - 10/16/2020

MEATLESS MONDAY










Monday

Tuesday

Wednesday

Thursday

Friday

 	No School	<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>Pasta & Meat Sauce freshly cooked pasta with meat sauce 🌱🌱</p> <p>Homemade Garlic Bread Green Beans</p>	<p>Sausage and Egg Sandwich warm breakfast sandwich prepared in-house with fluffy eggs and savory sausage</p> <p>Crispy Potato Puffs</p>
		<p>Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 🌱🌱</p>		<p>Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and</p>	<p>Pepperoni and Cheese Calzone 🌱🌱</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
 		<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>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw 🌱</p> <p>Sweet Potato Fries</p>	<p>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱</p> <p>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</p> <p>Buffalo Chicken Wrap</p>		<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Ham & Cheese 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>
Available Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
		<p>Tuna Salad Plate garden salad topped with freshly made tuna salad 🌱</p>		<p>Egg Salad Plate with 2 Dinner Rolls on a bed of lettuce with carrots, cucumbers and tomatoes 🌱🌱</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>Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad</p>		<p>Fresh Orange Mixed Fruit Potato Salad Side Salad</p>	<p>Fresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad</p>
Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits					

WHITSON'S
School Nutrition

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 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

Timberlane Middle School

Welcome to our
Lunch Cafe

10/19/2020 - 10/23/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Sausage and Egg
Sandwich
warm breakfast sandwich
prepared in-house with
fluffy eggs and savory
sausage
Crispy Potato Puffs

Teriyaki Chicken with
Brown Rice and
Steamed Corn

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
sauce 🌱
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

Pepperoni and Cheese
Calzone P 🌱

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice P 🌱

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

Smokehouse Pulled
Pork Sandwich
house pulled pork
roll with cole slaw
Sweet Potato Fries P

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella 🌱🌱
Sweet Potato Fries

Grilled Cheese
Sandwich
golden toasted bread with
melted gooey cheese
pressed 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

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
Homemade Cheese 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
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 🌱

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



MEATLESS MONDAY

Salad Plate with 2
Inner Rolls
d of lettuce with
carrots, cucumbers and
tomatoes 🌱🌱

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses P 🌱

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses P 🌱

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese 🌱

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

Fresh Granny Smith
Apple
Sliced Peaches
Potato Salad
Side Salad

Applesauce
Sliced Peaches
Potato Salad
Side Salad

Diced Pear Cup
Fresh Apple
Potato Salad
Side Salad

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

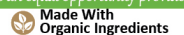
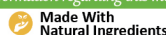


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Timberlane Middle School

Welcome to our
Lunch Cafe

10/26/2020 - 10/30/2020

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	Teriyaki Chicken with Brown Rice and Steamed Corn	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Fiesta Corn		Early Release No Lunch	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
	Hawaiian Pizza <i>ham and pineapple chunks over a cheese pizza slice</i> P	Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &</i>			Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i>
	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			BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> Sweet Potato Fries
	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			Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey Club Wrap
	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> P	Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i>			Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i>
	Applesauce Sliced Peaches Potato Salad Side Salad	Diced Pear Cup Fresh Apple Potato Salad Side Salad			Fresh Orange Applesauce Potato Salad Side Salad
	Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits				

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

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

WHITSON'S
School Nutrition


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