

# Timberlane Middle School

Welcome to our  
Lunch Cafe

10/1/2020 - 10/2/2020

**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>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>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 &amp; tomato 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 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>Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses &amp; whole grain bread, rolls and wraps with 🌱</p>					
				<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>Available Daily: Garden Salad, Chef Salad, Caesar Salad &amp; Organic Fruit and Yogurt Parfait. Includes whole wheat dinner 🌱</p>					
				<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>Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits &amp; Fresh Fruits</p>					

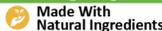
**MEATLESS MONDAY**

**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).

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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 Vegetarian
  Made With Natural Ingredients
  Pork
  Smart Choice
  Made With Organic Ingredients

# Timberlane Middle School

Welcome to our  
Lunch Cafe

10/5/2020 - 10/9/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Chicken with Gravy  
roasted chicken covered  
with gravy  
Fluffy Mashed  
Potatoes  
Sweet Corn  
Whole Wheat Dinner  
Roll

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

Homemade Shepherd's  
Pie  
seasoned ground meat  
and crisp vegetables  
covered in creamy  
mashed potatoes, melted  
cheese, and gravy 🌱  
Whole Wheat Dinner  
Roll

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



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 &

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

Pizza Bagel  
melted cheese and  
tomato sauce on a  
toasted bagel, baked to  
perfection 🌱

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



Smokehouse Pulled  
Pork Sandwich  
smokehouse pulled pork  
on a roll with cole slaw  
P  
Baked Potato Wedges

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

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.



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 🌱

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



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

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 P 🌱

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



Applesauce  
Sliced Peaches  
Potato Salad  
Side Salad  
Confetti Garbanzo  
Bean Salad

Diced Pear Cup  
Fresh Apple  
Side Salad  
Potato Salad

Fresh Grapes  
Mixed Fruit  
Fresh Apple  
Potato Salad  
Side Salad

Applesauce  
Sliced Peaches  
Potato Salad  
Side Salad  
Confetti Garbanzo  
Bean Salad

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

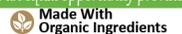
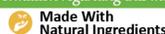


**SIMPLY ROOTED**  
in food & family

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# Timberlane Middle School

Welcome to our  
Lunch Cafe

10/12/2020 - 10/16/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

 	<p>No School</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>Pasta &amp; Meat Sauce freshly cooked pasta with meat sauce 🌱🌱 Homemade Garlic Bread Green Beans</p>	<p>Sausage and Egg Sandwich warm breakfast sandwich prepared in-house with fluffy eggs and savory sausage 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 🌱</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough</p>					
		<p>Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun Sweet Potato Fries</p>		<p>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw 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 🌱🌱 Sweet Potato Fries</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 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>
<p>Available Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses &amp; whole grain bread, rolls and wraps with</p>					
		<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 🌱</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad &amp; Organic Fruit and Yogurt Parfait. Includes whole wheat dinner</p>					
		<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>
<p>Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits &amp; Fresh Fruits</p>					

**WHITSON'S** School Nutrition

## SIMPLY ROOTED

*in food & family*

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 Vegetarian
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  Pork
  Smart Choice
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# 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* **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

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 Dinner Rolls  
*side 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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Vegetarian    
 Made With Natural Ingredients    
 Pork    
 Smart Choice    
 Made With Organic Ingredients

# Timberlane Middle School

Welcome to our  
Lunch Cafe

10/26/2020 - 10/30/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

 	<p>Teriyaki Chicken with Brown Rice and Steamed Corn</p>	<p>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Brown Rice Fiesta Corn</p>		<p>Early Release  No Lunch</p>	<p>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</p>
	<p>Hawaiian Pizza <i>ham and pineapple chunks over a cheese pizza slice</i></p>	<p>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></p>			<p>Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i></p>
<p><b>Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough</b></p>					
	<p>Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> Sweet Potato Fries</p>	<p>Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</i> Sweet Potato Fries</p>			<p>BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> Sweet Potato Fries</p>
<p><b>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, &amp; Chicken Patties.</b></p>					
	<p>Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Roast Beef Sandwich</p>	<p>Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey Club Wrap</p>			<p>Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey Club Wrap</p>
<p><b>Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses &amp; whole grain bread, rolls and wraps with</b></p>					
	<p>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i></p>	<p>Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i></p>			<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i></p>
<p><b>Available Daily: Garden Salad, Chef Salad, Caesar Salad &amp; Organic Fruit and Yogurt Parfait. Includes whole wheat dinner</b></p>					
	<p>Applesauce Sliced Peaches Potato Salad Side Salad</p>	<p>Diced Pear Cup Fresh Apple Potato Salad Side Salad</p>			<p>Fresh Orange Applesauce Potato Salad Side Salad</p>
<p><b>Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits &amp; Fresh Fruits</b></p>					

**WHITSON'S** School Nutrition

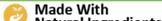
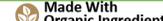
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