

Timberlane Middle School

Welcome to our
Lunch Cafe

11/2/2020 - 11/6/2020








Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i></p> <p>Soft Tacos Chicken Fajita Brown Rice Fiesta Corn</p>	<p>Election Day</p> <p>No School</p>	<p>Whole Grain French Toast <i>slices of French toast baked to perfection</i></p> <p>Sausage Patty Crispy Potato Puffs</p>	<p>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i></p> <p>Brown Rice Fiesta Corn</p>
	<p>Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i></p>		<p>French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i></p>	<p>Homemade Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &...</i></p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough				
	<p>BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i></p> <p>Potato Fries</p>		<p>Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a...</i></p>	<p>Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i></p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.				
	<p>Deli Bar <i>assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i></p> <p>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></p> <p>Ham & Cheese</p>	<p>Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i></p> <p>Turkey Club Wrap</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with				
	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i></p>		<p>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i></p>	<p>Tuna Salad Plate <i>garden salad topped with freshly made tuna salad</i></p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner				
	<p>Fresh Orange Applesauce Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>		<p>Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad</p>	<p>Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad Baby Carrots</p>
Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits				

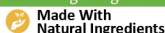


SIMPLY ROOTED
in food & family

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.

FREE MEALS INCLUDE: 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

11/9/2020 - 11/13/2020



























Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Whole Grain French Toast slices of French toast baked to perfection </p> <p>Sausage Patty Crispy Potato Puffs</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce </p> <p>Brown Rice Fiesta Corn</p>	<p>Veteran's Day</p> <p>No School</p>	<p>General Tso's Chicken crispy chicken with broccoli in General Tso's sauce </p> <p>Brown Rice</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>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>		<p>BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion </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>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a </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 </p> <p>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 Ham & Cheese</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>Chef Salad fresh lettuce topped with sliced deli meats and cheeses  </p>	<p>Tuna Salad Plate garden salad topped with freshly made tuna salad </p>		<p>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes </p>	<p>Egg Salad Plate with 2 Dinner Rolls on a bed of lettuce with carrots, cucumbers and tomatoes  </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>Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad</p>		<p>Fresh Grapes Mixed Fruit Fresh Apple Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean 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					

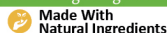


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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Timberlane Middle School

Welcome to our
Lunch Cafe

11/16/2020 - 11/20/2020






Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🍲 Brown Rice</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>Chicken Pot Pie with a garlic cheese Biscuit</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍲 Brown Rice Fiesta Corn</p>
	<p>BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 🍲</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>Grilled Cheese Sandwich toasted bread with melted gooey cheese sauce 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>		<p>Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🍲 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 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>		<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & 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>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🍲</p>	<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>Fresh Grapes Mixed Fruit Fresh Apple Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>	<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					

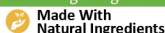


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Timberlane Middle School

Welcome to our
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11/23/2020 - 11/27/2020

Monday

Tuesday

Wednesday

Thursday

Friday

<div><div>World MARKET</div><div>Coyote GRILL</div></div>	Chicken Pot Pie With a Garlic Cheese Biscuit	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌮</i> Brown Rice Fiesta Corn	Thanksgiving Holiday No School		
<div><div>La CUCINA</div></div>	Homemade Meatball Calzone <i>fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and</i>	Pepperoni and Cheese Calzone 🍕 🌮			
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
<div><div>Miss RUBY'S GRILL</div><div>MEATLESS MONDAY</div></div>	Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, bacon, lettuce and sauce 🌮</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			
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
<div><div>Great AMERICAN SANDWICH CO.</div><div>MEATLESS MONDAY</div></div>	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey & 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			
Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
<div><div>Fruit EXPRESS</div><div>MEATLESS MONDAY</div></div>	Garden Salad with Chicken Salad <i>on salad on a bed of lettuce, cucumbers, carrots and tomatoes 🌮</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					
<div><div>Healthy HARVEST</div></div>	Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad	Fresh Granny Smith Apple Sliced Peaches 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					

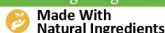


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Welcome to our
Lunch Cafe

11/30/2020 - 11/30/2020

Monday

Tuesday

Wednesday

Thursday

Friday



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



Hawaiian Pizza
*ham and pineapple
chunks over a cheese
pizza slice* 🍷 🍕

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

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

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* 🍷 🍕

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



Applesauce
Sliced Peaches
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



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