

# Timberlane Middle School

Welcome to our  
Lunch Cafe

6/1/2021 - 6/4/2021








Monday

Tuesday

Wednesday

Thursday

Friday

|  |  |   |  |  |  |
|--|--|---|--|--|--|
| <br> |  | <p>Crispy Tacos<br/><i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i></p> <p>Soft Tacos<br/>Chicken Fajita Wrap</p> <p>Brown Rice<br/>Fiesta Corn</p> | <p>Homemade Pasta &amp; Meatballs<br/><i>freshly baked meatballs with tomato sauce over pasta</i></p> <p>Homemade Garlic Bread<br/>Green Beans</p>         | <p>Whole Grain French Toast<br/><i>slices of French toast baked to perfection</i></p> <p>Crispy Pork Sausage Links<br/>Crispy Potato Puffs<br/>Sauteed Cinnamon Apple Slices</p> | <p>Nachos Grande<br/><i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i></p> <p>Brown Rice<br/>Fiesta Corn</p>             |
|    |  | <p>Sausage Pizza<br/><i>traditional pizza slice topped with sausage</i></p>   | <p>Bacon Pizza<br/><i>handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces</i></p>  | <p>White Pizza<br/><i>freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection</i></p>   | <p>Meat Lovers Pizza<br/><i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i></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<br/><i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</i></p> <p>Sweet Potato Fries</p>   | <p>Philly Cheese Steak<br/><i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</i></p>  | <p>Chicken Parmesan Sandwich<br/><i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a</i></p>                                      | <p>Grilled Cheese Sandwich<br/><i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i></p> <p>Baked Potato Wedges</p>           |
| <p>Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, &amp; Chicken Patties.</p>  |  |   |  |  |  |
|    |  | <p>Deli Bar<br/><i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i></p> <p>Egg Salad Wrap</p>                          | <p>Deli Bar<br/><i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i></p> <p>Tuna Salad Wrap*</p> | <p>Deli Bar<br/><i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i></p> <p>Ham &amp; Cheese</p>                       | <p>Deli Bar<br/><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> |
| <p>Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses &amp; whole grain bread, rolls and wraps with</p>   |  |   |  |  |  |
|    |  | <p>Egg Salad Plate with 2 Dinner Rolls<br/><i>on a bed of lettuce with carrots, cucumbers and tomatoes</i></p>  | <p>Chicken Caesar Salad<br/><i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i></p>                                  | <p>Chef Salad<br/><i>fresh lettuce topped with sliced deli meats and cheeses</i></p>   | <p>Homemade Tuna Salad Platter<br/><i>freshly prepared tuna salad served with fruit, vegetables and pretzels</i></p>                                       |
| <p>Available Daily: Garden Salad, Chef Salad, Caesar Salad &amp; Organic Fruit and Yogurt Parfait. Includes whole wheat dinner</p>                                   |  |   |  |  |  |
|    |  | <p>Fresh Grapes<br/>Mixed Fruit<br/>Side Salad<br/>Homemade Lite Veggie Pasta Salad</p>   | <p>Fresh Orange<br/>Mixed Fruit<br/>Potato Salad<br/>Side Salad<br/>Homemade Lite Veggie Pasta Salad</p>   | <p>Applesauce<br/>Sliced Peaches<br/>Potato Salad<br/>Side Salad<br/>Confetti Garbanzo Bean Salad<br/>Homemade Lite Veggie Pasta Salad</p>                                       | <p>Diced Pear Cup<br/>Fresh Apple<br/>Side Salad<br/>Potato Salad<br/>Homemade Lite Veggie Pasta Salad<br/>Baby Carrots</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).

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\*\*\*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.

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

# Timberlane Middle School

Welcome to our  
Lunch Cafe

6/7/2021 - 6/11/2021

## Monday

Chicken Nugget & Mozzarella Stick Combo  
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷  
Homemade Garlic Bread

## 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

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

## Thursday

Chicken with Gravy  
roasted chicken covered with gravy  
Fluffy Mashed Potatoes  
Green Beans  
Dinner Rolls

## Friday

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



Sausage Pizza  
traditional pizza slice topped with sausage 🍷

Chicken Parm. Pizza

English Muffin Pizza

Double Pepperoni Pizza

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



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

General TSO's  
Chicken Sandwich  
with Sweet Potato Fries

Buffalo Chicken Sandwich  
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🍷

BBQ Chicken Sandwich  
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house  
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  
Roast Beef 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  
Chicken Caesar 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 🍷

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

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 🍷

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



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

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

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

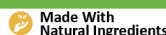


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Lunch Cafe

6/14/2021 - 6/18/2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



General Tso's Chicken  
*crispy chicken with  
broccoli in General Tso's  
sauce* 🍗  
Brown Rice  
Vegetable Egg Roll

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

Homemade Pasta &  
Meatballs  
*freshly baked meatballs  
with tomato sauce over  
pasta* 🍝 🍷  
Green Beans  
Homemade Garlic  
Bread

Chicken Nuggets  
*crispy breaded chicken  
nuggets perfect for  
dipping in your favorite  
sauce*  
Oven Baked Fries  
Sweet Corn  
Dinner Rolls

Early Release  
NO Lunch



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

Meat Lovers Pizza  
*freshly made pizza  
topped with mozzarella  
cheese, sausage,  
pepperoni and meatball* 🍕

Hand Crafted Buffalo  
Chicken Pizza  
*fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp* 🍕

Bacon Pizza  
*handmade pizza topped  
with sauce, melted  
mozzarella and crispy  
bacon pieces* 🍕

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



**MEATLESS MONDAY**

Grilled Cheese  
Sandwich  
*toasted bread with  
melted gooey cheese  
sauce and prepared in-  
house* 🍷

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

BBQ Chicken  
Sandwich  
*warm baked chicken  
smothered in BBQ sauce  
on a bun and prepared in-  
house*  
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*  
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*  
Chicken Caesar Wrap

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

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



Chicken Caesar Salad  
*fresh romaine topped with  
parmesan cheese,  
chicken, and croutons  
with dinner rolls* 🍷

Garden Salad with  
Cheese Entree  
*fresh garden salad  
topped with cheese* 🍷

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

Garden Salad with  
Chicken Salad  
*chicken salad on a bed of  
lettuce, cucumbers,  
carrots and tomatoes* 🍷

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



Fresh Grapes  
Mixed Fruit  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

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

Fresh Granny Smith  
Apple  
Sliced Peaches  
Potato Salad  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

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

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