

# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/1/2020 - 9/4/2020



Monday

Tuesday

Wednesday

Thursday

Friday



No School



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



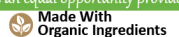
Veggies, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals.



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

\*\*\*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

9/7/2020 - 9/11/2020

MEATLESS  
MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Holiday</p> <p>No School</p>				
					
					
					
					
					

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# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/14/2020 - 9/18/2020

**MEATLESS MONDAY**








**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

 	<p>Chicken Nuggets <i>crispy breaded chicken nuggets perfect for dipping in your favorite sauce</i></p> <p>Whole Wheat Dinner Roll</p> <p>Fluffy Mashed Potatoes</p>	<p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i></p> <p>Soft Tacos</p> <p>Chicken Fajita</p> <p>Brown Rice</p> <p>Fiesta Corn</p>		<p>Pasta &amp; Meat Sauce <i>freshly cooked pasta with meat sauce</i></p> <p>Steamed Carrots</p> <p>Homemade Garlic Bread</p>	<p>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i></p> <p>Brown Rice</p> <p>Fiesta Corn</p>
	<p>Pizza Bagel <i>melted cheese and tomato sauce on a toasted bagel, baked to perfection</i></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 &amp; garlic stuffed with chicken breast topped with tomato sauce, mozzarella &amp;...</i></p>
	<p>Grilled Cheese Sandwich <i>toasted bread with gooey cheese and prepared in-house</i></p> <p>Baked Potato Fries</p>	<p>BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i></p> <p>Sweet Potato Fries</p>		<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i></p> <p>Sweet Potato Fries</p>	<p>Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i></p> <p>Baked Potato Wedges</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>Chicken Caesar 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>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 &amp; Cheese 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>Buffalo Chicken Wrap</p>
	<p>Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i></p>	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i></p>		<p>Garden Salad with Hard Boiled Eggs &amp; Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i></p>	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i></p>
	<p>Mixed Fruit</p> <p>Fresh Apple</p>	<p>Fresh Orange</p> <p>Applesauce</p>		<p>Fresh Orange</p> <p>Mixed Fruit</p>	<p>Fresh Granny Smith Apple</p> <p>Sliced Peaches</p>
	<p>Veggie, Fruit Cups, &amp; Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals.</p>				

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.

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

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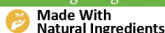


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*in food & family*

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# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/21/2020 - 9/25/2020

**MEATLESS MONDAY**




























**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

 	<p>Whole Grain French Toast slices of French toast baked to perfection </p> <p>Sausage Patty Crispy Potato Puffs Sauteed Cinnamon Apple Slices</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos Chicken Fajita Wrap </p> <p>Brown Rice Fiesta Corn</p>		<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce</p> <p>Sweet Corn</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce </p> <p>Brown Rice Fiesta Corn</p>
	<p>Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection  </p>	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses </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>Grilled Cheese Sandwich toasted bread with gooey cheese 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</p> <p>Sweet Potato Fries</p>		<p>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw </p>	<p>Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce &amp; tomato prepared in-house </p>
	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Chicken Caesar Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Egg Salad Wrap </p>		<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Roast Beef Sandwich</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Turkey Club Wrap </p>
	<p>Chef Salad lettuce topped with deli meats and cheeses  </p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese </p>		<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses  </p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls </p>
	<p>Mixed Fruit Fresh Apple</p>	<p>Fresh Orange Applesauce</p>		<p>Applesauce Sliced Peaches</p>	<p>Diced Pear Cup Fresh Apple</p>

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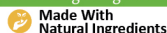


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# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/28/2020 - 9/30/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Chicken Nugget & Mozzarella Stick Combo  
*Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce* 🍷  
Baked Beans  
Oven Baked Fries

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



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

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

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

BBQ Chicken Sandwich  
*warm baked chicken smothered in BBQ sauce on a bun 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*  
Chicken Caesar Wrap

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**



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

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**



Mixed Fruit  
Fresh Apple

Fresh Orange  
Applesauce

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