Timb 9/1/2020 - 9/4/2		Middle	Schoo	We	lcome to our Lunch Cafe
	Monday	Tuesday	Wednesday	Thursday	Friday
World MARKET					No School
Lucina Cucina	Available Daily: Chee	se Pizza, Pepperoni Pizza	and Special Calzone or Pi	zza all featuring whole gra	ain rich pizza dough
	Av	ailable Daily: Hamburgers	s, Cheeseburgers, Veggie	Burgers, & Chicken Pattie	s.
Great Samerican American Samowice ee	Daily: Boars Head	cold cuts, popcorn ch	icken, tuna, cheeses &	whole grain bread, ro	olls and wraps with
Frait Ares EXPRESS	Available Daily: Garde	n Salad, Chef Salad, Caes	ar Salad & Organic Fruit a	nd Yogurt Parfait, Include	s whole wheat dinner
Healthy			ilable Daily. Also a Va		
WHITSONS' SINP	PLY ROO		two types of milk available daily		e flavored, fat free unflavored.
We are Simply Rooted™ in food and made from wholesome ingredients. W	family. Our menus are healthy, nutritic le are phasing out processed foods and	ous and flavorful, *** _{Co}	Available daily with salad lunch nsuming raw or under cooked meat, poultr medical conditions. Menu is subject to char	y, seafood, shellfish or eggs may increase y	our risk of food borne illness, especially if
more natural, organic and non GMO	options. We also offer gluten and aller available. Check us out at www.Whits	gen free foods		se contact the food service director. This in P Pork Smart Choice	

Timb 9/7/2020 - 9/11/		Middle	Schoo	We	lcome to our Lunch Cafe
	Monday	Tuesday	Wednesday	Thursday	Friday
	Holiday				
World Star	No School				
	No School				
Coyote GRILL					
ducina cucina	Available Daily: Chee	se Pizza, Pepperoni Pizza	and Special Calzone or Pi	zza all featuring whole gra	in rich pizza dough
Miss RUBY'S GRILL					
	Ava	ailable Daily: Hamburgers	Cheeseburgers, Veggie	Burgers, & Chicken Patties	5.
Great Samerican	Deilyr, Beere Heed o		akan tuna akaasa 9	whole grain bread, ro	
	Dally. Boars nead o	cord cuts, popcorn chi	cken, tuna, cheeses a	whole grain bread, ro	iis and wraps with
Frait Alex EXPRESS					
	Available Daily: Garder	n Salad, Chef Salad, Caes	ar Salad & Organic Fruit a	nd Yogurt Parfait. Includes	s whole wheat dinner
Healthy MARVEST	Veggies, Fruit Cups	& Fresh Fruits Availa	able Daily. Also a Vari	ety of Milks Available	e with all Meals.
WHITSONS" SIMP	LY ROO		wo types of milk available daily	choice, fresh veggie choice, fres 1: 1% low fat unflavored, fat fre	e flavored, fat free unflavored.
made from wholesome ingredients. W	family. Our menus are healthy, nutritio /e are phasing out processed foods and options. We also offer gluten and allery	us and flavorful, ***Con instead, offering you have certain n	suming raw or under cooked meat, poultr redical conditions. Menu is subject to chan	1: protein choice, whole grain it y, seafood, shellfish or eggs may increase yc ge, notice posted when available. If you ha se contact the food service director. This ins	our risk of food borne illness, especially if we any questions or would like additional
	vavailable. Check us out at www.Whitso		Made With Natural Ingredients	P Pork Smart Choice	Made With Organic Ingredients

Timberlane Middle School

Welcome to our Lunch Cafe

9/14/2020 - 9/18/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
World St. MARKET	Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Whole Wheat Dinner	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita		Pasta & Meat Sauce freshly cooked pasta with meat sauce ờ 📎 Steamed Carrots Homemade Garlic Bread	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice
GRILL	Roll Fluffy Mashed Potatoes	Brown Rice Fiesta Corn			Fiesta Corn
2ª CUCINA	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 🤌		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 &
	Available Daily: Chees	se Pizza, Pepperoni Pizza	and Special Calzone or P	Pizza all featuring whole gra	
	Grilled Cheese Sandwich Dasted bread with	BBQ Chicken Sandwich warm baked chicken		Smokehouse Pulled Pork Sandwich smokehouse pulled pork	Chicken Club Sandwich hand crafted sandwich
Miss NE	gooey cheese and prepared in-	smothered in BBQ sauce on a bun and prepared in-		on a roll with cole slaw	with grilled chicken, crispy bacon, lettuce and
GRILL	house 🔗	house Sweet Potato Fries		Sweet Potato Fries	juicy tomatoes 🤔 Baked Potato Wedges
			Cheeseburgers, Veggie	Burgers, & Chicken Patties	
	Deli Bar an assortment of cold	Deli Bar an assortment of cold		Deli Bar an assortment of cold	Deli Bar an assortment of cold
	cuts, cheeses,	cuts, cheeses,		cuts, cheeses,	cuts, cheeses,
Great 🥪	condiments and breads, rolls, or wraps to create	condiments and breads, rolls, or wraps to create		condiments and breads, rolls, or wraps to create	condiments and breads, rolls, or wraps to create
	your own sandwich	your own sandwich		your own sandwich	your own sandwich
MATE	hicken Caesar Wrap	Turkey Club Wrap 🤭	cken tuna cheeses 8	Ham & Cheese Wrap	Buffalo Chicken Wrap
	Chef Salad	Chicken Caesar Salad		Garden Salad with	Chicken Caesar Salad
MONUS	iresh lettuce topped with	fresh romaine topped with		Hard Boiled Eggs &	fresh romaine topped with
The second secon	sliced deli meats and	parmesan cheese,		Dinner Rolls	parmesan cheese,
Frain and EXPRESS	cheeses P 🤌	chicken, and croutons with dinner rolls 🤔		garden salad with tomato, cucumber, carrot, and hard boiled eggs 🕜 🤗	chicken, and croutons with dinner rolls 🤭
			ar Salad & Organic Fruit a	and Yogurt Parfait. Includes	
Healthy	Mixed Fruit Fresh Apple	Fresh Orange Applesauce		Fresh Orange Mixed Fruit	Fresh Granny Smith Apple Sliced Peaches
HARVEST	Veggie, Fruit Cups, a	& Fresh Fruits Availa	ble Daily. Also a Var	r <mark>iety of Milks available</mark>	with all Meals.
WHITSONS' SIMP	ΊΥΒΟΟΊ	NRD At least t	Meal price includes: proteir	1 choice, fresh veggie choice, fres 1y: 1% low fat unflavored, fat free	h fruit choice & bread choice. Havored fat free unflavored
We are Simply Rooted™ in food and f	amily. Our menus are healthy, nutrition	C JAMILY A us and flavorful, *** _{Com}	wailable daily with salad lunc suming raw or under cooked meat, poult	: <mark>h: protein choice, whole grain ite</mark> try, seafood, shellfish or eggs may increase yo	m, fruit choice & milk choice ur risk of food borne illness, especially if
more natural, organic and non GMO o	e are phasing out processed foods and options. We also offer gluten and allerg available. Check us out at www.Whitso	instead, offering you have certain m gen free foods	edical conditions. Menu is subject to cha	inge, notice posted when available. If you hav ase contact the food service director. This ins Pork & Smart Choice	e any questions or would like additional

Welcome to our Timberlane Middle School Lunch Cafe 9/21/2020 - 9/25/2020 Wednesday Monday Tuesday Thursday Friday Chicken Nuggets Whole Grain French Crispy Tacos Nachos Grande Toast homemade spicy taco crispy breaded chicken tortilla chips topped with World 🏹 🗖 slices of French toast meat inside a crispy taco nuggets perfect for freshly prepared mexi baked to perfection ァ MARKET shell topped with cheese dipping in your favorite style meat and cheese Soft Tacos Sausage Patty sauce sauce 🤔 Crispy Potato Puffs Chicken Fajita Wrap Sweet Corn Brown Rice Sauteed Cinnamon Fiesta Corn Apple Slices Brown Rice Fiesta Corn Pizza Bagel Homemade three French Bread Pizza Homemade Chicken melted cheese and Cheese Calzone toasted French bread Parmesan Calzone tomato sauce on a calzone stuffed with three topped with pizza sauce freshly prepared dough delicious melted lightly brushed with oil & toasted bagel, baked to and melted cheese 🌠 perfection 🅜 🤔 cheeses 🤗 garlic stuffed with chicken 17 breast topped with tomato sauce, mozzarella & Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough Grilled Cheese Double Bacon Burger Smokehouse Pulled Grilled Chicken Sandwich two juicy all beef patties Pork Sandwich Teriyaki Sandwich basted bread with topped with crisp bacon, smokehouse pulled pork grilled chicken breast I gooey cheese on a roll with cole slaw cheese, on a soft bun marinated in teriyaki and prepared in-Sweet Potato Fries sauce, topped with P house ァ lettuce & tomato prepared in-house 🤭 et Potato Fries 25 Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties. Deli Bar Deli Bar Deli Bar Deli Bar an assortment of cold an assortment of cold an assortment of cold an assortment of cold cuts, cheeses, cuts, cheeses, cuts, cheeses, cuts, cheeses, condiments and breads, condiments and breads, condiments and breads, condiments and breads, reat rolls, or wraps to create your own sandwich vour own sandwich your own sandwich vour own sandwich Roast Beef Sandwich Caesar Wrap Egg Salad Wrap 🤒 Turkey Club Wrap 🤗 Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with ef Salad Garden Salad with Chef Salad Chicken Caesar Salad uce topped with Cheese Entree fresh lettuce topped with fresh romaine topped with deli meats and fresh garden salad sliced deli meats and parmesan cheese, topped with cheese 🅡 eses 卪 🤗 cheeses 🕑 🤗 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 Orange Applesauce Diced Pear Cup Fresh Apple Applesauce Sliced Peaches Fresh Apple Veggie, Fruit Cups, & Fresh Fruits Available Daily. Also a Variety of Milks available with all Meals. Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice WHITSONS S At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored & family tood Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice 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 Made With and purchase locally when seasonally available. Check us out at www.Whitsons.com. Made With Natural Ingredients Pork Smart Choice Organic Ingredients 🌠 Vegetarian

World MARKET Coyote Coyote Coy	Monday Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Baked Beans Oven Baked Fries Pizza Bagel melted cheese and tomato sauce on a	Tuesday Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap $\widecheck{\mathcal{O}}$ Brown Rice Fiesta Corn Homemade three Cheese Calzone	Wednesday	Thursday	Friday
Coyote CRILL	Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce Baked Beans Oven Baked Fries Pizza Bagel melted cheese and tomato sauce on a	meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap Brown Rice Fiesta Corn Homemade three			
Coyote GRILL	and gooey mozzarella sticks served with dipping sauce Baked Beans Oven Baked Fries Pizza Bagel melted cheese and tomato sauce on a	shell topped with cheese Soft Tacos Chicken Fajita Wrap Brown Rice Fiesta Corn Homemade three			
Coyote	sticks served with dipping sauce Baked Beans Oven Baked Fries Pizza Bagel melted cheese and tomato sauce on a	Chicken Fajita Wrap Brown Rice Fiesta Corn Homemade three			
Couvote	sauce 🤣 Baked Beans Oven Baked Fries Pizza Bagel melted cheese and tomato sauce on a	Brown Rice Fiesta Corn Homemade three			
	Oven Baked Fries Pizza Bagel melted cheese and tomato sauce on a	Fiesta Corn Homemade three			4
¹ cucina	Pizza Bagel melted cheese and tomato sauce on a	Homemade three	 -		
⁴ cucina	tomato sauce on a	Cheese Calzone	1		
de CUCINA		calzone stuffed with three			
CUCINA	toasted bagel, baked to	delicious melted			
	perfection 🅜 🤔	cheeses 🤭			
All and the second second					
			and Special Calzone or Piz	za all featuring whole gra	ain rich pizza dough
	Grilled Cheese Sandwich	BBQ Chicken Sandwich			
	golden toasted bread with	warm baked chicken			
Miss	melted gooey cheese pressed and prepared in-	smothered in BBQ sauce on a bun and prepared in-			
	house 🅜	house			
	Sweet Potato Fries	Sweet Potato Fries	, Cheeseburgers, Veggie B	urgars & Chickon Pattia	
	Deli Bar	Deli Bar	Cheeseburgers, veggie D	digers, & Chicken Patter	5.
	an assortment of cold	an assortment of cold			
	cuts, cheeses, condiments and breads.	cuts, cheeses, condiments and breads,			
Great Samerican	rolls, or wraps to create	rolls, or wraps to create			
SANDWICH CO.	<i>your own sandwich</i> Chicken Caesar Wrap	<i>your own sandwich</i> Turkey Club Wrap 🤗			
	<u> </u>	• • • •	cken, tuna, cheeses & v	whole grain bread, ro	lls and wraps with
	Chef Salad	Chicken Caesar Salad			
	fresh lettuce topped with	fresh romaine topped with			
a the man	sliced deli meats and cheeses P 🤔	parmesan cheese, chicken, and croutons			
Frait Star		with dinner rolls 🤭			
eapredd					
	Available Daily: Garder	Salad, Chef Salad, Caesa	ar Salad & Organic Fruit and	d Yogurt Parfait. Include	s whole wheat dinner
	Mixed Fruit Fresh Apple	Fresh Orange Applesauce			
	riconrippio	Appleoddoo			
The Other					
arreaux a tuto					
HARVEST		P. Exach Emilte And th	able Daily, Also a Varie	ety of Milks available	e with all Meals.
	eggie, Fruit Cups, &	x Fresh Fruits Availa			
	eggie, Fruit Cups, 8	x Fresh Fruits Availa			
	<mark>eggie, Fruit Cups</mark> , {	x Fresh Fruits Availa			
Healthy MARVEST	eggie, Fruit Cups, 8	x Fresh Fruits Availa			
and the second	eggie, Fruit Cups, &	x Fresh Fruits Availa			
	eggie, Fruit Cups, 8	x Fresh Fruits Availa			
	eggie, Fruit Cups, a	x Fresh Fruits Availa			
	eggie, Fruit Cups, 8		Meal price includes: protein cl		
	eggie, Fruit Cups, &	NED At least to		1% low fat unflavored, fat fre	e flavored, fat free unflavor
	Y Rood a	At least to family. as and flavorful,Con	Meal price includes: protein cl wo types of milk available daily:	1% low fat unflavored, fat fre protein choice, whole grain it seafood, shellfish or eggs may increase yo	e flavored, fat free unflavor em, fruit choice & milk cho our risk of food borne illness, especia