

# TIMBERLINE MIDDLE SCHOOL

September 18th - 22nd



## EVERYDAY SELECTS

	DAILY SPECIALS
M	Classic Burgers & Fries: Vegetarian   Chicken   Spicy Chicken   Beef   Grilled Cheese(v)
T	Cheese Stuffed Breadsticks & Spaghetti Sauce(v)   Choice of Pizza: Cheese(v)   Pepperoni   Buffalo Chicken
W	Nachos: Bean & Cheese(v)   Taco Beef & Cheese   Taco Turkey & Cheese
TH	Cheese Stuffed Breadsticks & Spaghetti Sauce(v) or Choice of Pizza: Cheese(v)   Pepperoni   Hawaiian
F	Classic Burgers & Fries: Vegetarian   Chicken   Spicy Chicken   Beef   Po'Boy Fishstick Sub



**PLANT-BASED, VEGETARIAN, NATURAL & MORE... ALL THE INGREDIENTS YOU LOVE!**

## SUPER FOODS

	DAILY SPECIALS
M	American Style Subs, Wraps, and Flats
T	Italian Style Subs, Wraps, and Flats
W	American Style Subs, Wraps, and Flats
TH	Italian Style Subs, Wraps, and Flats
F	American Style Subs, Wraps, and Flats



### MON

Iceberg Cabbage Salad  
Kidney Beans  
Fresh Fruits & Veggies  
Canned Fruits & Veggies  
FRESH PICK! Apples

### TUES

Iceberg & Cabbage Salad  
Basil Corn Salad  
Fresh Fruits & Veggies  
Canned Fruits & Veggies  
FRESH PICK! Apples

### WED

Iceberg & Cabbage Salad  
Baby Carrots  
Fresh Fruits & Veggies  
Canned Fruits & Veggies  
FRESH PICK! Apples

### THURS

Iceberg & Cabbage Salad  
Corn  
Fresh Fruits & Veggies  
Canned Fruits & Veggies  
FRESH PICK! Apples

## GLOBAL FLAVORS

	DAILY SPECIALS
M	American Breakfast: Pancakes or Waffles, Eggs & Sausage, Hashbrown, Cinnamon Apples & Sweet Potato Fries
T	Asian Wrap: Choice of Korean Baked Tofu(v) or Teriyaki Chicken with Spicy Asian Vegetables
W	Italian Calzone: Choice of Pepperoni or Cheese(v) and Parmesan Green Beans
TH	Mexican Burrito: Choice of Chicken Tinga or Taco Turkey and Black Beans
F	Mediterranean Flatbread Rollups: Choice of Greek Meatball or Three Cheese(v) and Roasted Chickpeas

### FRI

Iceberg & Cabbage Salad  
Celery Sticks  
Fresh Fruits & Veggies  
Canned Fruits & Veggies  
FRESH PICK! Apples

## FAST TAKES

	DAILY SPECIALS
M	Fiesta Dip Box(v)   Chef Salad   Turkey & Cheese Sub   Crispy Chicken Wrap
T	Strawberry Banana Parfait(v)   Hearty Garden Veg Salad   American Sub   Chicken Caesar Wrap
W	Classic Hummus Box with Flatbread(v)   Crispy Chicken Salad   Italian Sub   Buffalo Chicken Wrap
TH	PowerUp Box   Chicken Caesar Salad   Turkey & Cheese Sub   Crispy Chicken Wrap
F	Deli Bento Box   Garden Fiesta Salad(v)   Turkey Ham & Cheese Sub   Chicken Caesar Wrap



*This institution is an equal opportunity provider. Additional nutrition information available upon request.*

**WHOLE GRAINS SUPPORT HEALTHY BRAINS!**

### SEPTEMBER IS NATIONAL WHOLE GRAINS MONTH

This month, try and add more servings of whole grains to your diet. Whole grains benefit your heart, digestive health and more!

