

Timber Springs Middle School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- Popcorn Chicken with Mac and Cheese** 474 cal
- Black Forest Ham & Cheddar Sandwich 290 cal
- Mango Splash Vegetable Juice 60 cal
- Strawberry Cup 80 cal

- Nachos with Carne Asada & Cheese** 516 cal
- Grilled Cheese Sandwich 309 cal
- Sweet Waffle Potato 150 cal
- Seasoned Black Beans 144 cal
- Applesauce, Birthday Cake 4.5 oz 70 cal

- Buffalo Chicken Wings, 4 each** 462 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Sweet Brazilian Bun 170 cal
- Seasoned Crispy Fries 81 cal
- Celery Sticks 1/2 c. 60 cal
- Peach Cup 90 cal

- Sandwich, Meatball Sub** 458 cal
- Grilled Cheese Sandwich 309 cal
- 24 Hour Zesty Pickles 41 cal
- Garlic Spinach 94 cal
- Fresh Apple Slices 30 cal

- Sweet and Spicy Chicken Sandwich** 411 cal
- WG Cheese Pizza 376 cal
- WG Pepperoni Pizza 403 cal
- Roasted Glazed Carrots 74 cal
- Sweet Waffle Potato 150 cal
- Tangelos, Fresh 47 cal

- Tangerine Chicken** 219 cal
- WG Cheese Pizza 376 cal
- Tomato and Basil Bianca Pizza 429 cal
- Tangerine Chicken (SART Milk Free) 219 cal
- Vegetable Fried Brown Rice, 1/2 cup 140 cal
- Mandarin Carrot Slaw 67 cal
- Italian Blend Vegetables 71 cal
- Red Delicious Apple 75 cal
- Fresh Tangerine 40 cal

No menu published

- Eisenberg Beef Hot Dog on WG Bun** 320 cal
- Breaded Mozzarella Sticks 400 cal
- Seasoned Black Beans 144 cal

- Herb Roasted Chicken** 174 cal
- WG Pepperoni Pizza 403 cal
- WG Cheese Pizza 426 cal
- Dinner Roll 110 cal
- 24 Hour Zesty Pickles 41 cal
- Garlic Spinach 94 cal

- Spaghetti w/ Meatballs** 384 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Dark Green Side Salad 21 cal
- Fresh Apple Slices 30 cal

- Black Forest Ham & Cheddar Sandwich** 290 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni Pizza 403 cal
- Lettuce & Tomato Cup 16 cal
- Seasoned Crispy Fries 81 cal
- Peach Cup 90 cal

- Popcorn Chicken with Mac and Cheese** 503 cal
- Black Forest Ham & Cheddar Sandwich 290 cal
- Fresh Steamed Broccoli 54 cal
- Strawberry Cup 80 cal

- Seasoned Rice Cuban Style Mojo Pork Bowl** 371 cal
- Grilled Cheese Sandwich 309 cal
- Sweet Plantain Slices 262 cal
- Celery Sticks 1/2 c. 60 cal
- Peach Cup 90 cal

- Buffalo Chicken Wings, 4 each** 455 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Sweet Brazilian Bun 170 cal
- Sweet Waffle Potato 150 cal
- Seasoned Black Beans 144 cal
- Orange Wedges 76 cal

- Chicken Tenders with Sweet Brazilian Bun, MS/HS** 400 cal
- Turkey Sausage & Cheese on Hamburger Bun 271 cal
- Potatoes, Mashed 48 cal
- Mango Splash Vegetable Juice 60 cal
- Tangelos, Fresh 47 cal

- Tangerine Chicken** 219 cal
- WG Cheese Pizza 426 cal
- Tomato and Basil Bianca Pizza 429 cal
- Tangerine Chicken (SART Milk Free) 219 cal
- Brown Rice 109 cal
- Mandarin Carrot Slaw 67 cal
- Tomato Dippers 25 cal
- Fresh Apple Slices 30 cal

- Black Forest Ham & Cheddar Sandwich** 290 cal
- Breaded Mozzarella Sticks 400 cal
- Mango Splash Vegetable Juice 60 cal
- Strawberry Cup 80 cal

- California Chicken Burrito** 454 cal
- Grilled Cheese Sandwich 309 cal
- Salsa Dipping Cup 25 cal
- Celery Sticks 1/2 c. 60 cal

- Herb Roasted Chicken** 174 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Brown Rice 109 cal
- Lettuce & Tomato Cup 16 cal
- Seasoned Black Beans 144 cal
- Diced Pear Cup 70 cal

- Vegetarian Penne Pasta with Bread Stick** 415 cal
- Impossible Burger 311 cal
- Garlic Spinach 94 cal
- Fresh Apple Slices 30 cal

- Seasonal Shaped Nuggets w/Sweet Brazilian Bun** 350 cal
- WG Cheese Pizza 426 cal
- Tomato and Basil Bianca Pizza 429 cal
- Seasoned Crispy Fries 81 cal
- Coleslaw 130 cal
- Fresh Apple Slices 30 cal

Served every day

- Assorted Milk