



# Welcome to our Breakfast Cafe

# Timberlane High School

# December 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**FUEL YOUR DAY  
THE RIGHT WAY.  
EAT A HEALTHY  
BREAKFAST!**



1 Sausage, Egg & Cheese Burrito\* 🍳  
Mixed Fruit  
100% Orange Juice Blend

2 Ham and Egg Sandwich P  
Mixed Fruit  
100% Orange Juice Blend

3 Sausage, Egg and Cheese Sandwich  
Crispy Potato Puffs  
Mixed Fruit  
100% Orange Juice Blend

6 Sausage, Egg and Cheese Sandwich  
Mixed Fruit  
100% Orange Juice Blend

7 Avocado Toast 🥑  
Mixed Fruit  
100% Orange Juice Blend

8 Sausage, Egg and Cheese Sandwich  
Mixed Fruit  
100% Orange Juice Blend

9 Ham, Egg and Cheese Sandwich P  
Crispy Potato Puffs  
100% Orange Juice Blend

10 Bacon, Egg and Cheese Corn Muffin Bowl P  
Crispy Potato Puffs  
Mixed Fruit  
100% Orange Juice Blend

13 Bacon, Egg and Cheese Breakfast Sandwich  
Mixed Fruit  
100% Orange Juice Blend

14 Whole Grain Waffles with Sausage  
Mixed Fruit  
100% Orange Juice Blend

15 Sausage, Egg & Cheese Burrito\* 🍳  
Mixed Fruit  
100% Orange Juice Blend

16 Whole Grain French Toast Slices 🍳  
Mixed Fruit  
100% Orange Juice Blend

17 Ham, Egg and Cheese Sandwich P  
Crispy Potato Puffs  
Mixed Fruit  
100% Orange Juice Blend

20 Sausage, Egg and Cheese Sandwich  
Mixed Fruit  
100% Orange Juice Blend

21 Whole Grain Waffles with Sausage  
Mixed Fruit  
100% Orange Juice Blend

22 Sausage, Egg and Cheese Sandwich  
Crispy Potato Puffs  
100% Orange Juice Blend

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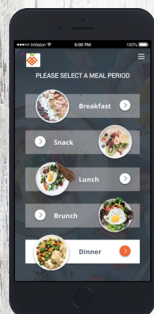
**WINTER RECESS!  
SCHOOL CLOSED**

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Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download

FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



## Breakfast Prices

Regular: \$Free

Reduced: \$0.00

Breakfast is served in the café between the hours of 7:00 and 7:20

## Available Daily

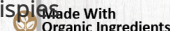
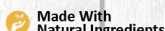
Whole grain bagels w/ butter or low fat cream cheese

Assorted Yogurt

Assorted Muffins: blueberry, chocolate chip or corn

Assorted Cereals: Cinnamon Toast Crunch, Honey

Nut Cheerios, Rice Krispies



\*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. This institution is an equal opportunity provider.