

Timberlane High School

Welcome to our
Lunch Cafe

12/1/2021 - 12/3/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain Waffles
with Sausage
*light and crispy waffles
served with a sausage
patty*
Crispy Potato Puffs
Sautéed Cinnamon
Apple Slices

Grilled Cheese Bar
Sweet Potato Fries
Spiced Roasted Green
Beans w/ Parmesan

Homemade Chicken &
Broccoli Alfredo
*grilled chicken and
broccoli florets tossed in
a creamy sauce over
tender pasta* 🥗
Homemade Garlic
Bread

Margherita Pizza
*freshly prepared dough
lightly brushed with garlic
and oil, topped with
tomato sauce, mozzarella
cheese, fresh tomatoes
and basil* 🥗

Hawaiian Pizza
*ham and pineapple
chunks over a cheese
pizza slice* P 🥗

Hand Crafted Three
Cheese Pizza
*fresh dough layered with
sauce, topped with
ricotta, mozzarella, and
Parmesan cheeses* 🥗

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzone or Pizza all featuring whole grain rich pizza dough

Crispy Tacos
*homemade spicy taco
meat inside a crispy taco
shell topped with cheese*
Brown Rice
Sweet Corn

Nachos Grande
*tortilla chips topped with
freshly prepared mexi
style meat and cheese*
Sweet Corn
Brown Rice

Mexican Salad
*salad with beans, corn,
sour cream, and salsa* 🥗
Brown Rice
Sweet Corn

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

Philly Cheese Steak
*thinly sliced beef topped
with sauteed peppers,
onions and melted
cheese on a lightly
toasted bun prepared in-
house* 🥗

Chicken Parmesan
Sandwich
*warm chicken patty
smothered in tomato
sauce, topped with
melted cheese
assembled in-house on a*

Smokehouse Pulled
Pork Sandwich
*smokehouse pulled pork
on a roll with cole slaw* P
Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Turkey Club Wrap 🥗

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Roast Beef Wrap 🥗

Deli Bar
*an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich*
Teriyaki Chicken

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and

Garden Salad with
Chicken Salad
*chicken salad on a bed of
lettuce, cucumbers,
carrots and tomatoes* 🥗
Cream of Broccoli
Soup

Simply Boxed Belgian
Waffle Bites
*freshly prepared grab and
go meal featuring creamy
yogurt, whole grain
Belgian waffle bites,
sunflower protein and*

Buffalo Chicken Salad
with Dinner Rolls
*spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes* 🥗
Cream of Broccoli

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll

Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad
Kiwi

Fresh Apple
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at 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.



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Timberlane High School

Welcome to our
Lunch Cafe

12/6/2021 - 12/10/2021

Monday

Pasta, Pasta, Pasta
pasta with the sauce of
your choice: Alfredo,
marinara or bolognese
Roasted Squash
Homemade Garlic
Bread

Tuesday

Smokehouse Pulled
Pork Sandwich
smokehouse pulled pork
on a roll with cole slaw

P
Green Beans

Wednesday

Cinnamon French
Toast
slices of French toast
baked to perfection
Sausage Patty
Sautéed Cinnamon
Apple Slices

Thursday

Meatloaf with Gravy
savory beef meatloaf with
a hearty brown gravy
Fluffy Mashed
Potatoes
Green Beans

Friday

Chicken with Gravy
roasted chicken covered
with gravy
Fluffy Mashed
Potatoes
Green Beans

Garlic Cheese Biscuit

Monday

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice

P

Tuesday

Hand Crafted Three
Cheese Pizza
fresh dough layered with
sauce, topped with
ricotta, mozzarella, and
Parmesan cheeses

P

Wednesday

Chicken
Alfredo
Pizza

Thursday

Meat Lovers Pizza
freshly made pizza
topped with mozzarella
cheese, sausage,
pepperoni and meatball

P

Friday

Ham and Cheese
Calzone

P

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzone or Pizza all featuring whole grain rich pizza dough

Monday

Crispy Tacos
homemade spicy taco
meat inside a crispy taco
shell topped with cheese
Brown Rice
Sweet Corn

Tuesday

Mexican Salad
salad with beans, corn,
sour cream, and salsa
Brown Rice
Sweet Corn

Wednesday

Crispy Tacos
homemade spicy taco
meat inside a crispy taco
shell topped with cheese
Sweet Corn

Thursday

Classic Tex Mex
Burrito
mexi-style meat, rice and
shredded cheese folded
inside a soft tortilla

Friday

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

Monday

Sausage Onions &
Peppers Sandwich
Italian sausage sandwich
topped with sauteed
onions and peppers

P

Tuesday

Philly Cheese Steak
thinly sliced beef topped
with sauteed peppers,
onions and melted
cheese on a lightly
toasted bun prepared in-
house

P

Wednesday

BBQ Chicken
Sandwich
warm baked chicken
smothered in BBQ sauce
on a bun and prepared in-
house
Sweet Potato Fries

Thursday

Beef Hot Dog on Bun
juicy beef hot dog on a
soft bun
Sweet Potato Fries

Friday

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce and
juicy tomatoes
Sweet Potato Fries

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Monday

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Salad Wrap

Tuesday

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Turkey Club Wrap

Wednesday

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Salad Wrap

Thursday

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Buffalo Chicken Wrap

Friday

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Salad Wrap

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and

Monday

Chicken Caesar Salad
fresh romaine topped with
parmesan cheese,
chicken, and croutons
with dinner rolls
Vegetable Soup

Tuesday

Simply Boxed Yogurt
Power Pack
freshly made meal with
yogurt, diced cheese,
granola and dried fruit
Vegetable Soup

Wednesday

Buffalo Chicken Salad
with Dinner Rolls
spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes
Vegetable Soup

Thursday

Cobb Salad
fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg
Vegetable Soup

Friday

Simply Boxed Belgian
Waffle Bites
freshly prepared grab and
go meal featuring creamy
yogurt, whole grain
Belgian waffle bites,
sunflower protein and

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll

Monday

Fresh Apple
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Tuesday

Fresh Orange
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Wednesday

Fresh Orange
Mixed Fruit
Side Salad
Homemade Lite Veggie
Pasta Salad

Thursday

Fresh Orange
Fresh Apple
Homemade Lite Veggie
Pasta Salad

Friday

Fresh Orange
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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Timberlane High School

Welcome to our
Lunch Cafe

12/13/2021 - 12/17/2021

Monday

Herb Roasted Chicken
Fluffy Mashed Potatoes
Baked Beans

Garlic Cheese Biscuit

Tuesday

Spicy Chicken Nuggets
Fluffy Mashed Potatoes
Steamed Broccoli

Taco Pizza

Wednesday

Homemade Shepherd's Pie
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy
Steamed Peas

BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

Thursday

Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken
Homemade Garlic Bread
Green Beans

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions

Friday

Chicken and Waffles
crispy chicken placed on top of fluffy waffles
Crispy Potato Puffs
Sauteed Cinnamon Apple Slices

Chicken Bacon, Ranch Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzone or Pizza all featuring whole grain rich pizza dough

Monday

Cheese Quesadilla
freshly grilled flour tortilla with melted cheese
Sweet Corn
Brown Rice

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

Tuesday

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Brown Rice
Sweet Corn

Wednesday

Mexican Salad
salad with beans, corn, sour cream, and salsa
Brown Rice
Sweet Corn

Thursday

Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Brown Rice
Sweet Corn

Friday

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Sweet Corn
Brown Rice

Monday

Grilled Chicken Teriyaki Sandwich
grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Tuesday

Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes
Sweet Potato Fries

Wednesday

Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun
Sweet Potato Fries

Thursday

Smokehouse Pulled Pork Sandwich
smokehouse pulled pork on a roll with cole slaw
Sweet Potato Fries

Friday

Double Bacon Burger
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun
Sweet Potato Fries

Monday

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Buffalo Chicken Wrap

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and

Tuesday

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Chicken Salad Wrap

Wednesday

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Tuna Salad Wrap*

Thursday

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Teriyaki Chicken

Friday

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Turkey Club Wrap

Monday

Simply Boxed Belgian Waffle Bites
freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll

Tuesday

Antipasto Salad with Dinner Rolls
salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad
Homemade Chicken

Wednesday

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls
Homemade Chicken Soup

Thursday

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg
Homemade Chicken Soup

Friday

Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses
Homemade Chicken Soup

Monday

Fresh Orange
Fresh Melon Cup
Garden Salad
Sliced Peaches

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.

Tuesday

Fresh Orange
Sliced Peaches
Side Salad
Homemade Lite Veggie Pasta Salad

Wednesday

Fresh Granny Smith Apple
Mixed Fruit
Fresh Melon Cup
Side Salad
Homemade Lite Veggie Pasta Salad

Thursday

Applesauce
Kiwi
Side Salad
Homemade Lite Veggie Pasta Salad

Friday

Fresh Orange
Mixed Fruit
Fresh Melon Cup
Side Salad
Homemade Lite Veggie Pasta Salad



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Timberlane High School

Welcome to our
Lunch Cafe

12/20/2021 - 12/24/2021

Monday

Chicken with Gravy
roasted chicken covered
with gravy
Fluffy Mashed
Potatoes
Steamed Carrots
Dinner Rolls

Tuesday

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta
Homemade Garlic
Bread
Green Beans

Wednesday

Cinnamon French
Toast
slices of French toast
baked to perfection
Sausage Patty
Crispy Potato Puffs

Thursday

Friday



Spinach & Chicken
Pizza

Hand Crafted Three
Cheese Pizza
fresh dough layered with
sauce, topped with
ricotta, mozzarella, and
Parmesan cheeses

Sausage Pizza
traditional pizza slice
topped with sausage

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzone or Pizza all featuring whole grain rich pizza dough

Mexican Salad
salad with beans, corn,
sour cream, and salsa

Brown Rice
Sweet Corn

Crispy Tacos
homemade spicy taco
meat inside a crispy taco
shell topped with cheese
Brown Rice
Sweet Corn

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
Brown Rice
Sweet Corn

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

Buffalo Chicken
Sandwich
warm sandwich prepared
in-house with spicy
marinated chicken breast,
crisp lettuce and sliced
tomato

Smokehouse Pulled
Pork Sandwich
smokehouse pulled pork
on a roll with cole slaw
Sweet Potato Fries

Grilled Chicken
Teriyaki Sandwich
grilled chicken breast
marinated in teriyaki
sauce, topped with
lettuce & tomato prepared
in-house

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Salad Wrap

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Turkey Club Wrap

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich

Available Daily: Assorted Boars Head cold cuts, popcorn chicken, tuna, cheeses and whole grain rich bread, rolls and

Cobb Salad
fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg

Simply Boxed Yogurt
Power Pack
freshly made meal with
yogurt, diced cheese,
granola and dried fruit

Simply Boxed Yogurt
Power Pack
freshly made meal with
yogurt, diced cheese,
granola and dried fruit

Available Daily: Garden Salad, Chef Salad, Caesar Salad, Organic Fruit & Yogurt Parfait and Smoothies Includes whole wheat dinner roll

Fresh Orange
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Sliced Peaches
Fresh Apple
Homemade Lite Veggie
Pasta Salad

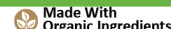
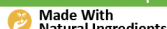
Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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Timberlane High School

*Welcome to our
Lunch Cafe*

12/27/2021 - 12/31/2021

Monday

Tuesday

Wednesday

Thursday

Friday



**WINTER
RECESS!
SCHOOL
CLOSED**



Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzone or Pizza all featuring whole grain rich pizza dough



Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried



Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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