




Welcome to our Breakfast Cafe

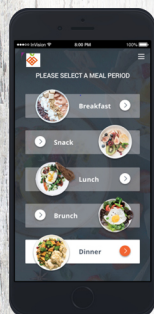
Timberlane High School

**January
2022**

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year.

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------|---|---------|--|-----------|--|----------|--|--------|---|
| 3 | Homemade Muffins Mixed Fruit 100% Orange Juice Blend | 4 | Whole Grain French Toast Slices Mixed Fruit 100% Orange Juice Blend | 5 | Sausage, Egg & Cheese Burrito* Mixed Fruit 100% Orange Juice Blend | 6 | Ham and Egg Sandwich Mixed Fruit 100% Orange Juice Blend | 7 | Sausage, Egg and Cheese Sandwich Crispy Potato Puffs Mixed Fruit 100% Orange Juice Blend |
| 10 | Sausage, Egg and Cheese Sandwich Mixed Fruit 100% Orange Juice Blend | 11 | Avocado Toast Mixed Fruit 100% Orange Juice Blend | 12 | Homemade Muffins Mixed Fruit 100% Orange Juice Blend | 13 | Ham, Egg and Cheese Sandwich 100% Orange Juice Blend | 14 | Bacon, Egg and Cheese Corn Muffin Bowl Mixed Fruit 100% Orange Juice Blend |
| 17 |  MARTIN LUTHER KING JR. DAY | 18 | Whole Grain Waffles with Sausage Mixed Fruit 100% Orange Juice Blend | 19 | Sausage, Egg & Cheese Burrito* Mixed Fruit 100% Orange Juice Blend | 20 | Whole Grain French Toast Slices Mixed Fruit 100% Orange Juice Blend | 21 | Ham, Egg and Cheese Sandwich Crispy Potato Puffs Mixed Fruit 100% Orange Juice Blend |
| 24 | Sausage, Egg and Cheese Sandwich Mixed Fruit 100% Orange Juice Blend | 25 | Whole Grain Waffles with Sausage Mixed Fruit 100% Orange Juice Blend | 26 | PROFESSIONAL DEVELOPMENT DAY | 27 | Sausage, Egg and Cheese Sandwich Mixed Fruit 100% Orange Juice Blend | 28 | Homemade Muffins Mixed Fruit 100% Orange Juice Blend |
| 31 | Sausage, Egg and Cheese Sandwich Mixed Fruit 100% Orange Juice Blend | | | | | | | | |

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



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.



Breakfast Prices

Regular: \$Free

Reduced: \$0.00

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

Available Daily

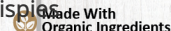
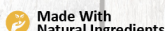
Whole grain bagels w/ butter or low fat cream cheese

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.