



Welcome to our Breakfast Cafe

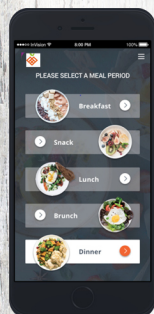
Timberlane Middle School

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 Fluffy Whole Grain Waffles Turkey Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend	4 Fluffy Whole Grain Waffles Turkey Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend	5 Bacon, Egg and Cheese Wrap Mixed Fruit 100% Orange Juice Blend	6 Homemade Muffins Mixed Fruit 100% Orange Juice Blend	7 Whole Grain French Toast Slices Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend
10 Whole Grain Waffles with Sausage Homemade Muffins Mixed Fruit 100% Orange Juice Blend	11 Homemade Muffins Mixed Fruit 100% Orange Juice Blend	12 Whole Grain French Toast Slices Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend	13 Egg & Bacon Wrap <i>fluffy egg and crispy bacon wrapped in a tortilla</i> 100% Apple Juice	14 Whole Grain French Toast Slices Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend
17 MARTIN LUTHER KING JR. DAY	18 Homemade Muffins Mixed Fruit 100% Orange Juice Blend	19 Whole Grain French Toast Slices Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend	20 Homemade Muffins Mixed Fruit 100% Orange Juice Blend	21 Whole Grain French Toast Slices Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend
24 Whole Grain Waffles with Sausage Homemade Muffins Mixed Fruit 100% Orange Juice Blend	25 Homemade Muffins Mixed Fruit 100% Orange Juice Blend	26 PROFESSIONAL DEVELOPEMENT DAY	27 Fluffy Whole Grain Waffles Turkey Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend	28 Fluffy Whole Grain Waffles Turkey Sausage Patty Homemade Muffins Mixed Fruit 100% Orange Juice Blend
31 Homemade Muffins 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

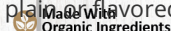
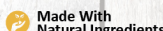
Available Daily

Whole grain bagels w/ butter or low fat cream cheese

Assorted Muffins: blueberry, or chocolate chip, Honey Buns

Assorted Cereals with Crackers

All served with choice of fat free plain or flavored milk or low fat plain milk, assorted juices, cupped



*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.