

Timberlane High School

*Welcome to our
Lunch Cafe*

10/1/2021 - 10/1/2021

Monday

Tuesday

Wednesday

Thursday

Friday



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

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 Calzon or Pizza all featuring whole grain rich pizza dough

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

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

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

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

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

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

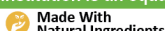
Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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

10/4/2021 - 10/8/2021

Monday

Turkey Hot Dog on Bun
turkey hot dog on soft bun
Baked Beans
Sweet Potato Fries

Tuesday

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

Wednesday

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

Thursday

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

Friday

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



Meatball Pizza
cheese pizza topped with
sliced meatball

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

French Bread Pizza
toasted French bread
topped with pizza sauce
and melted cheese

Pizza Bagel
melted cheese and
tomato sauce on a
toasted bagel, baked to
perfection

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp

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



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

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella

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

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

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



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

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

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



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

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

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese

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

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



Fresh Orange
Fresh Melon Cup
Garden Salad
Sliced Peaches
Potato Salad

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Mixed Fruit
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Melon Cup
cubed fresh melon
Garden Salad
Potato Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

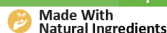
Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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Timberlane High School

Welcome to our
Lunch Cafe

10/11/2021 - 10/15/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Columbus Day

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

Pasta with Meat Sauce
freshly cooked pasta with
meat sauce 🍴🌱
Homemade Garlic
Bread
Green Beans

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce
Dinner Rolls
Green Beans
Fluffy Mashed
Potatoes

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



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

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🍴

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

Chicken, Bacon,
Ranch Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



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

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

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella 🍴🌱
Sweet Potato Fries

Double Bacon Burger
two juicy all beef patties
topped with crisp bacon,
cheese, on a soft bun
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
Chicken Salad Wrap

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

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

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

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



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

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

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

Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses 🍴🌱

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



Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

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

Applesauce
Kiwi
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

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

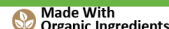
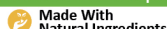
Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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Timberlane High School

Welcome to our
Lunch Cafe

10/18/2021 - 10/22/2021

Monday

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷
Dinner Rolls
Oven Baked Fries

Tuesday

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

Wednesday

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

Thursday

Early Release

No Lunch

Friday

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



Spinach Bianco Pizza
fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection 🍷

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 🍷

Spinach Bianco Pizza
fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection 🍷

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



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

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

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

Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sauteed onions and peppers 🍷
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
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
Turkey Club Wrap 🍷

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



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 🍷

Classic Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🍷

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

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



Fresh Orange Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Fresh Orange Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Fresh Granny Smith Apple
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad
Sliced Pears

Fresh Apple Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

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Timberlane High School

Welcome to our
Lunch Cafe

10/25/2021 - 10/29/2021

Monday

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

Tuesday

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

Wednesday

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

Thursday

Chicken and Waffles
crispy chicken placed on
top of fluffy waffles
Crispy Potato Puffs
Applesauce


Friday


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






MEATLESS
MONDAY




Macho Taco Pizza
homemade fiesta style
taco meat, tomato sauce,
mozzarella and parmesan
cheese a top pizza crust
brushed with garlic and
oil 

French Bread Pizza
toasted French bread
topped with pizza sauce
and melted cheese 

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice  


Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 

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



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

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

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella  
Sweet Potato Fries

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

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



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
Chicken Salad 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
Turkey Club Wrap 

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



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

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

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

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

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



Fresh Orange
Mixed Fruit
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Apple
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

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

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad



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