

Timberlane High School

10/3/2022 - 10/7/2022

Welcome to our
Lunch Cafe

Monday

Fluffy Whole Grain Waffles
warm whole grain waffles
Ham
Sautéed Cinnamon Apple Slices

BRUNCH FOR LUNCH TODAY!

Tuesday

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce
Crispy Potato Puffs

Wednesday

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
Caesar Salad

Thursday

Tomato Soup
Grilled Cheese Sandwich
Crispy Potato Puffs

Friday

Shepherd's Pie Corn Muffin Bowl
a warm corn muffin bowl loaded with a mashed potatoes, seasoned ground beef and cheese
Steamed Carrots

World MARKET

La CUCINA

Miss RUBY'S GRILL

Coyote GRILL

Great AMERICAN SANDWICH CO.

Fruit EXPRESS

Healthy HARVEST

White Pizza
freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection

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

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

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

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

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

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

Turkey Burger
grilled turkey burger on a whole wheat bun
Sweet Potato Fries

Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Oven Baked Fries

Classic Beef Burger
beef burger on a freshly toasted bun
Sweet Potato Fries

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

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

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

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell

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

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

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

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

Tuna & Cheese Wrap
tuna salad with cheese, lettuce and tomato on a wrap

Ham & Cheese Panini
thinly sliced ham and melted cheese on panini bread served hot and toasty

Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing

Chicken Salad Wrap
chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap

Turkey & Cheese Panini
turkey, cheese, lettuce and tomato panini grilled to perfection

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

Veggabol Rainbow Hummus Rice Bowl
freshly made hummus with fluffy rice topped with fresh spinach, cabbage, carrots, squash and soft pita wedges

Fruity Parfait
vanilla yogurt topped with strawberries, blueberries, and crunchy granola
Simply Boxed Meat and Cheese Protein Pack

Mango Madness Smoothie
a fresh blend of yogurt, milk and mango
Simply Boxed Meat and Cheese Protein Pack

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls
Simply Boxed Meat and Cheese Protein Pack

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg
Simply Boxed Meat and Cheese Protein Pack

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

Fresh Apple Applesauce
Diced Peach Cup
Greek Side Salad

Fresh Apple
Fresh Orange
Garden Salad
Black Bean and Pepper Salad

Fresh Apple
Diced Peach Cup
Garden Salad
Greek Side Salad

Applesauce
Fresh Orange
Caesar Salad

Fresh Apple
Diced Peach Cup
Caesar Salad
Greek Side Salad



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.



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. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.

Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

WHITSON'S
School Nutrition

Timberlane High School

10/10/2022 - 10/14/2022

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken and Waffles
crispy chicken placed on
top of fluffy waffles
Steamed Carrots

Homemade Mac &
Cheese
pasta in cheese sauce,
garnished with parsley



Sauteed Broccolini

Whole Grain Pancakes
with Sausage
light and fluffy pancakes
served with a sausage
patty



Homemade Chicken &
Broccoli Alfredo
grilled chicken and
broccoli florets tossed in
a creamy sauce over
tender pasta
Green Beans

Hand Crafted
Pepperoni Pizza
fresh dough layered with
sauce, topped with
cheese and pepperoni
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

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

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

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

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

Sweet Potato Fries

Beef Hot Dog on Bun
juicy beef hot dog on a
soft bun
Crispy Potato Puffs

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

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

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

Incredibowls Fiesta
Chicken & Rice Bowl
seasoned rice topped
with beans, chicken, corn
and cheese

BBQ Chicken Nachos
crispy nacho tortilla chips
with chicken, carrots,
tomatoes and cabbage

Bean & Veggie Loaded
Burrito
a whole wheat burrito,
stuffed with fiesta rice,
veggies, beans and
cheddar cheese, served
with salsa and sour

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

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

Chicken Caesar Wrap
freshly made tortilla wrap
filled with sliced chicken,
crisp lettuce, and cheese
topped with low-fat
Caesar dressing

Italian Combo
Sandwich
freshly sliced ham,
salami, and cheese on a
roll topped with crisp
lettuce and tomato

Buffalo Chicken Wrap
warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato

American Beauty
freshly made sandwich
with thinly sliced turkey
and cheese, crispy
lettuce and tomato

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

Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses
Simply Boxed Egg
Protein Pack

Strawberry Orange
Smoothie
a blend of vanilla yogurt
with fresh strawberries
and orange juice

Spinach Salad
spinach topped with
crumbled bacon,
mushrooms, and red
onion

Salad Plate With
Crispy Chicken
fresh garden salad
topped with baked crispy
chicken and served with
dinner roll(s)

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

Fresh Apple
Diced Peach Cup
Fresh Orange
Greek Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Apple
Diced Peach Cup
Fresh Orange
Caesar Salad
Confetti Black Bean
Salad

Fresh Orange
Caesar Salad
Garden Salad Entree
Garden Salad with
Chicken Salad

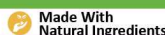
Diced Peach Cup
Fresh Orange
Garden Salad
Tuna Nicoise Salad
Plate



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.



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. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.



Timberlane High School

Welcome to our
Lunch Cafe

10/17/2022 - 10/21/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade French Toast
slices of bread coated in an egg batter, with cinnamon and vanilla.

Turkey Sausage Patty
Crispy Potato Puffs

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

Sweet & Sour Chicken
Sauce & Toss
popcorn chicken in a sweet & sour sauce
Brown Rice
Steamed Broccoli

EARLY
RELEASE
NO
LUNCH

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta

Steamed Carrots



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

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

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

Homemade Chicken & Cheese Stromboli
Chicken and melted cheese wrapped in a pizza dough

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



Turkey Burger
grilled turkey burger on a whole wheat bun
Oven Baked Fries

BBQ Pulled Pork Sandwich
shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun

Crispy Potato Puffs

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

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

Oven Baked Fries

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



Two Cheese Quesadilla
grilled cheese quesadilla



Incredibowls Fiesta Chicken & Rice Bowl
seasoned rice topped with beans, chicken, corn and cheese

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell

BBQ Pulled Pork Nachos
crisp nachos smothered in BBQ seasoned pork topped with diced tomatoes, shredded carrots & cabbage

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



Tuna Salad Wrap*
fresh chunky tuna salad with field greens and tomatoes served in a wrap

Egg Salad Wrap
freshly made egg salad with lettuce and tomato in a soft tortilla wrap

Turkey BLT Wrap
sliced turkey, bacon, lettuce, and tomato on a wrap

Spicy Buffalo Chickpea Wrap
freshly roasted chickpeas coated in hot sauce with freshly seasoned lettuce, tomatoes and onions in a soft wrap

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



Veggabot Taco Bean Tortilla Bowl
seasoned beans set on top of crisp lettuce in a whole grain tortilla bowl topped with tomatoes, cucumbers and cilantro

Strawberry Orange Smoothie
a blend of vanilla yogurt with fresh strawberries and orange juice

Fruity Parfait
vanilla yogurt topped with strawberries, blueberries, and crunchy granola

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

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



Fresh Apple
Fresh Orange
Caesar Salad
Confetti Black Bean Salad

Fresh Apple
Fresh Orange
Caesar Salad
Side Salad

Fresh Apple
Diced Peach Cup
Caesar Salad
Greek Side Salad

Applesauce
Diced Peach Cup
Caesar Salad
Black Bean and Pepper Salad



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.



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. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.



Timberlane High School

Welcome to our
Lunch Cafe

10/24/2022 - 10/28/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Fluffy Whole Grain Waffles
warm whole grain waffles
Crispy Potato Puffs
Sautéed Cinnamon Apple Slices

BRUNCH FOR LUNCH TODAY!

Incredibowls Chicken & Asian Vegetable Rice
fluffy rice topped with vegetable stir fry and baked chicken

Meatloaf with Gravy
savory beef meatloaf with a hearty brown gravy
Mixed Vegetables

Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Crispy Potato Puffs

Chicken Parmesan Over Pasta
oven baked chicken topped with sauce and melted cheese, all over pasta
Roasted Mixed Veggies



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

White Pizza
freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection

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

Spinach Pizza
fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese

Homemade Ham and Cheese Stromboli
Ham and melted cheese wrapped in a pizza dough

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



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

BBQ Pulled Pork Sandwich
shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun
Oven Baked Fries

Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sautéed onions and peppers
Crispy Potato Puffs

Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Sweet Potato Fries

Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun
Oven Baked Fries

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



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

Bean & Veggie Loaded Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour

Incredibowls Fiesta Chicken & Rice Bowl
seasoned rice topped with beans, chicken, corn and cheese

Veggabool BBQ Chickpea Rice Bowl
steamed rice topped with BBQ flavored chickpeas, fresh lettuce, tomato, carrots, corn and beans with a BBQ drizzle

BBQ Pulled Pork Nachos
crisp nachos smothered in BBQ seasoned pork topped with diced tomatoes, shredded carrots & cabbage

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



Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

Tuna Salad Sandwich
freshly made sandwich topped with creamy tuna salad

Chicken Salad Wrap
chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap

American Beauty
freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato

Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing

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



Mango Madness Smoothie
a fresh blend of yogurt, milk and mango

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

Simply Boxed Meat and Cheese Protein Pack
freshly made meal with diced meat and cheese, fruit medley and crisp bread

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

Fruity Parfait
vanilla yogurt topped with strawberries, blueberries, and crunchy granola

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



Fresh Apple
Greek Side Salad
Confetti Black Bean Salad

Fresh Apple
Fresh Orange
Greek Side Salad
Black Bean and Pepper Salad

Diced Peach Cup
Fresh Orange
Caesar Salad
Greek Side Salad

Fresh Apple
Fresh Orange
Garden Salad
Confetti Black Bean Salad

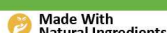
Fresh Apple
Fresh Orange
Garden Salad
Greek Side Salad



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.



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. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.



Timberlane High School

Welcome to our
Lunch Cafe

10/31/2022 - 10/31/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade French
Toast Apple Bake
*diced bread blended with
maple syrup, eggs, milk,
cinnamon and nutmeg
baked off to perfection*
🌱🌱



Cheese Pizza
*fresh pizza dough layered
with tomato sauce,
topped with cheese and
baked until crisp* 🌱🌱

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



Turkey Burger
*grilled turkey burger on a
whole wheat bun
Sweet Potato Fries*

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



Bean & Veggie Loaded
Burrito
*a whole wheat burrito,
stuffed with fiesta rice,
veggies, beans and
cheddar cheese, served
with salsa and sour*

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



Gluten Free American
Beauty
*thinly sliced turkey and
cheese, lettuce and
tomato on a roll* 🌱

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



Simply Boxed Meat and
Cheese Protein Pack
*freshly made meal with
diced meat and cheese,
fruit medley and crisp
bread* 🌱

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



Fresh Apple
Diced Peach Cup
Caesar Salad
Garden Salad



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.



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. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.

