

Timberlane High School

Welcome to our
Lunch Cafe

8/30/2021 - 8/31/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Homemade Garlic Bread
Green Beans

General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Brown Rice
Steamed Broccoli



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

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



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

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

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



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

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

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 Caesar 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

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

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



Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad
Watermelon Slices

Diced Pear Cup
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad
Fresh Melon Cup

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.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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.

