

# Timberlane High School

Welcome to our  
Lunch Cafe

8/29/2022 - 8/31/2022

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Belgian Waffle with Caramelized Apples  
fluffy Belgian waffle topped with freshly prepared caramelized apples 🍏🍏  
Potato Puffs  
Crispy Turkey Sausage Links

Ranch & Chicken Quesadilla  
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla  
Refried Beans  
Spicy Honey Carrots

Pasta with Meat Sauce  
freshly cooked pasta with meat sauce 🍝🍝  
Spiced Roasted Green Beans w/ Parmesan



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

Fiesta Taco Salad  
homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🍷

Mexican Salad  
salad with beans, corn, sour cream, and salsa 🍷🍷

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



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

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

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 Vegetable Pizza all featuring whole grain rich pizza dough



Turkey Burger  
grilled turkey burger on a whole wheat bun with cheese

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

Spicy Cheddar Burger  
grilled spicy beef patty topped with cheddar cheese with lettuce and tomato 🍷

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



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

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

BBQ Chicken Wrap  
chicken breast with BBQ sauce, lettuce and tomato in a wrap 🍷

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



Very Berry Smoothie  
freshly blended mix of berries with yogurt 🍷

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

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

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



Fresh Apple Applesauce  
Dried Cranberries  
Baby Carrots  
Side Salad

Fresh Apple Applesauce  
Dried Cranberries  
Baby Carrots  
Caesar Salad

Fresh Apple Applesauce  
Dried Cranberries  
Baby Carrots  
Side Salad  
Sliced Oranges



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.

