

# Timberlane High School

*Welcome to our  
Lunch Cafe*

4/1/2022 - 4/1/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Chicken & Broccoli Alfredo  
grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🌱  
Caesar Salad

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 Calzone or Pizza all featuring whole grain rich pizza dough

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

Brown Rice  
Sweet Corn

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

Smokehouse Pulled Pork Sandwich  
smokehouse pulled pork on a roll with cole slaw

P  
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  
Teriyaki Chicken 🌱

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

Homemade Chicken Soup  
Chicken soup with carrots, celery, and onions  
Buffalo Chicken Salad 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  
Side Salad  
Homemade Lite Veggie Pasta Salad

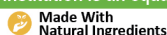
Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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



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# Timberlane High School

Welcome to our  
Lunch Cafe

4/4/2022 - 4/8/2022

## Monday

Grilled Cheese Bar  
Tomato Soup

## Tuesday

Wing Shack Chicken  
Wings  
*breaded chicken wings  
baked to perfection*

## Wednesday

Homemade Pasta &  
Meat Sauce  
*freshly cooked  
homemade pasta with  
meat sauce*  
Green Beans

## Thursday

Herb Roasted Chicken  
Fluffy Mashed  
Potatoes  
Roasted Mixed  
Veggies

## Friday

General Tso's Chicken  
*crispy chicken with  
broccoli in General Tso's  
sauce*  
Brown Rice  
Green Beans



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

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

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

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

Ham and Cheese  
Calzone

**MEATLESS MONDAY** Cheese Pizza, Pepperoni Pizza and a Special Calzone or Pizza all featuring whole grain rich pizza dough

**MEATLESS MONDAY**  
*crispy taco  
meat inside a crispy taco  
shell topped with cheese  
Brown Rice  
Sweet Corn*

**NEW ITEM**  
Nachos Grande  
*tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
Mexican Salad  
Brown Rice  
Sweet Corn*

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

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

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

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

Turkey Burger  
*grilled turkey burger on a  
whole wheat bun with  
cheese  
Crispy Potato Puffs*

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

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 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 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  
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

Vegetable Soup  
*soup with a variety of  
vegetables  
Tuna Nicoise Salad  
Plate*

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

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

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

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 Apple  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Mixed Fruit  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Fresh Apple  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Sliced Peaches  
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

4/11/2022 - 4/15/2022

## Monday

Belgian Waffle with  
Caramelized Apples  
fluffy Belgian waffle  
topped with freshly  
prepared caramelized  
apples 🍏🍏  
Strawberries

## Tuesday

Sabroso Tropical  
Chicken Taco  
fajita-style chicken in  
whole corn taco shells  
topped with mango black  
bean salsa 🍌

## Wednesday

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

## Thursday

Baked Chicken Breast  
Baked Chicken Breast  
Baked potato  
Green Beans  
Homemade Garlic  
Bread

## Friday

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



Bianco Pizza  
pizza dough brushed with  
garlic and oil, topped with  
basil and mozzarella and  
ricotta cheeses 🍕🍕

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

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

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

Homemade Three  
Cheese & Sausage  
Calzone  
garlic toasted whole grain  
calzone filled with sweet  
Italian sausage, tomato,  
melted mozzarella and

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



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

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

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

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

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

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



**MEATLESS MONDAY**

Chicken  
adwich  
in 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

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

Smokehouse Pulled  
Pork Sandwich  
smokehouse pulled pork  
on a roll with cole slaw  
P  
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 Caesar 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  
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



Homemade Chicken  
Soup  
Chicken soup with  
carrots, celery, and  
onions  
Strawberry Apple  
Smoothie 🍏🍏🍏

Homemade Chicken  
Soup  
Chicken soup with  
carrots, celery, and  
onions  
Tuna & Cheese Wrap  
🍌

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

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg 🍌  
Homemade Chicken  
Soup

Classic Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses P  
Homemade Chicken  
Soup

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



Fresh Orange  
Fresh Banana  
Mixed Fruit  
Garden Salad  
Fresh Apple

Fresh Orange  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

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

Applesauce  
Kiwi  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Mixed Fruit  
Fresh Melon Cup  
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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Vegetarian

Made With  
Natural Ingredients

Pork

Smart  
Choice

Made With  
Organic Ingredients



# Timberlane High School

Welcome to our  
Lunch Cafe

4/18/2022 - 4/22/2022

## Monday

Cinnamon French  
Toast  
slices of French toast  
baked to perfection 🌱  
Ham  
Oven Baked Fries

## Tuesday

Ranch & Chicken  
Quesadilla  
homemade fiesta  
chicken, mozzarella and  
ranch dressing melted  
into a warm tortilla  
Black Beans

## Wednesday

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

## Thursday

Yard Bird Classic  
Chicken Sandwich  
a delicious chicken filet  
on a hearty bun, served  
with special sauce and a  
pickle  
Crispy Potato Puffs

## Friday

Chicken Nugget &  
Mozzarella Stick  
Combo  
Crispy chicken nuggets  
and gooey mozzarella  
sticks served with dipping  
sauce 🌱  
Fluffy Mashed  
Potatoes

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

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

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

Black Beans  
Mexi Beef Enchilada  
🌱

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

Cheese Quesadilla  
freshly grilled flour tortilla  
with melted cheese 🌱  
Sweet Corn  
Black Beans

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

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

Smokehouse Pulled  
Pork Sandwich  
smokehouse pulled pork  
on a roll with cole slaw  
P  
Sweet Potato Fries

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 P

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

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  
Chicken Caesar Wrap

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

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

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 🌱

Simply Boxed Yogurt  
Sunrise  
freshly prepared meal  
with creamy yogurt,  
crunchy granola,  
sunflower seeds and fruit  
🌱

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

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

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

Fresh Orange  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Fresh Granny Smith  
Apple  
Fresh Orange  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie  
Pasta Salad

Mixed Fruit  
Fresh Apple  
Sliced Peaches  
Homemade Lite Veggie  
Pasta Salad

Fresh Orange  
Mixed Fruit  
Sliced Peaches  
Homemade Lite Veggie  
Pasta Salad

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Vegetarian

Made With  
Natural Ingredients

P Pork

Smart  
Choice

Made With  
Organic Ingredients





# Timberlane High School

Welcome to our  
Lunch Cafe

4/25/2022 - 4/29/2022

Monday

Tuesday

Wednesday

Thursday

Friday

World  
MARKET

La  
CUCINA

Coyote  
GRILL

Miss  
RUBY'S  
GRILL

Great  
AMERICAN  
SANDWICH CO.

Fruit  
EXPRESS

Healthy  
HARVEST

SPRING  
BREAK!  
SCHOOL  
CLOSED

rich pizza dough

, Mexi Veg, Refried

Spicy Chicken

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

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

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



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