

Timberlane Middle School

Welcome to our
Lunch Cafe

1/3/2022 - 1/7/2022









Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Bacon, Egg and Cheese Breakfast Sandwich warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese Crispy Potato Puffs Steamed Carrots</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌮 Sweet Corn Brown Rice</p>	<p>Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🍝 Homemade Garlic Bread Green Beans</p>	<p>Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷 Steamed Carrots</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese 🌮 Brown Rice Fiesta Corn</p>
	<p>Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice P 🍷</p>	<p>Stuffed Crust Pizza fresh whole grain cheese pizza with mozzarella stuffed crust 🍷</p>	<p>Bacon Pizza handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces 🍷</p>	<p>White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🍷</p>	<p>Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & 🍷</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough 🍷					
	<p>Beef Hot Dog on Bun juicy beef hot dog on a soft bun</p>	<p>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍷</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍷</p>	<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a 🍷</p>	<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house P Baked Potato Wedges</p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey BLT Wrap P</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich BBQ Chicken Wrap 🍷</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Roast Beef Sandwich</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Turkey Club Wrap 🍷</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍷 House Chop Salad with Ham & Dinner Rolls P</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍷 Crudite & Cheese Plattter 🍷</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🍷</p>	<p>Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P 🍷</p>	<p>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🍷</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
	<p>Fresh Apple Fresh Orange Sliced Pears Caesar Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Apple Fresh Orange Sliced Pears Caesar Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Apple Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Applesauce Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Apple Side Salad Homemade Lite Veggie Pasta Salad Baby Carrots</p>
Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits					
					



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. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. 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.



Timberlane Middle School

Welcome to our
Lunch Cafe

1/10/2022 - 1/14/2022

Monday

Chicken Nuggets
crispy breaded chicken
nuggets perfect for
dipping in your favorite
sauce
Green Beans
Dinner Rolls
Sweet Potato Fries

Tuesday

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

Wednesday

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

Thursday

General Tso's Chicken
Rice Bowl
General Tso's seasoned
chicken with brown rice,
broccoli, and scallions

Friday

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

Sausage Pizza
traditional pizza slice
topped with sausage

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

Cheeseburger
Pizza

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

Pepperoni and Cheese
Calzone

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

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

Chicken Cheese
Quesadilla
hand crafted grilled flour
tortilla filled with juicy
chicken and melty
cheese
Crispy Potato Puffs

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

Classic Beef Burger
beef burger on a freshly
toasted bun
Oven Baked Fries

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

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.

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

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
Tuna Salad Wrap*

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

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

Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with

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

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese

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

Caesar Salad
sliced mozzarella cheese
over romaine lettuce,
topped with Caesar
dressing

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese

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

Applesauce
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Apple
Side Salad
Homemade Lite Veggie
Pasta Salad

Applesauce
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Fresh Apple
Homemade Lite Veggie
Pasta Salad
Baby Carrots

Applesauce
Sliced Peaches
Side Salad
Homemade Lite Veggie
Pasta Salad

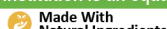
Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits



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. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. 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.



Timberlane Middle School

*Welcome to our
Lunch Cafe*

1/17/2022 - 1/21/2022

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell Brown Rice Fiesta Corn</p>	<p>Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken 🌶️ Green Beans Homemade Garlic Bread</p>	<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Oven Baked Fries Sweet Corn Dinner Rolls</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese 🌶️ Brown Rice Fiesta Corn</p>
		<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P 🌶️</p>	<p>Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌶️</p>	<p>Bacon Pizza handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces 🌶️</p>	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌶️</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
		<p>Grilled Ham & Cheese Sandwich hand crafted sandwich with thinly sliced ham and melted cheese on grilled golden brown bread P Sweet Potato Fries</p>	<p>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house Sweet Potato Fries</p>	<p>Sausage, Egg and Cheese Sandwich a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese Sweet Potato Fries</p>	<p>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌶️ Baked Potato Wedges</p>
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
		<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Caesar Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
		<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese 🌶️</p>	<p>Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P 🌶️</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌶️</p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese 🌶️</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
		<p>Applesauce Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Granny Smith Apple Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Orange Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Granny Smith Apple Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad</p>
Variety of Fresh Fruits and Veggies available daily - Pasta Salad, Caesar Salad, Tossed Salad, Cupped Fruits & Fresh Fruits					
					



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. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. 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.



Timberlane Middle School

Welcome to our
Lunch Cafe

1/24/2022 - 1/28/2022









Monday

Tuesday

Wednesday

Thursday

Friday

	Chicken Nugget & Mozzarella Stick Combo <i>Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</i> 🍷 Oven Baked Fries Sweet Corn	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Soft Tacos Brown Rice Fiesta Corn	PROFESSIONAL DEVELOPMENT DAY	Chicken and Waffles <i>crispy chicken placed on top of fluffy waffles</i>	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese</i> 🍷 Brown Rice Black Beans
	French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i> 🍷	Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i> P 🍷		White Pizza <i>freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection</i> 🍷	Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i> 🍷 🍷
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> 🍷 Sweet Potato Fries	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🍷 🍷 Sweet Potato Fries		Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i>	Tomato & Cheese Griller <i>hand crafted melted cheese sandwich with juicy fresh tomatoes between bread grilled to perfection</i> 🍷 🍷
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Tuna Salad Wrap* 🍷	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Egg Salad Wrap 🍷		Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i>	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	Classic Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> P 🍷	Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i> 🍷 🍷		Fruity Parfait <i>vanilla yogurt topped with strawberries, blueberries, and crunchy granola</i> 🍷 Chicken Caesar Salad 🍷	Fruity Parfait <i>vanilla yogurt topped with strawberries, blueberries, and crunchy granola</i> 🍷 Classic Chef Salad P 🍷
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
	Fresh Apple Side Salad Homemade Lite Veggie Pasta Salad	Side Salad <i>side salad with tomato and cucumber</i> Homemade Lite Veggie Pasta Salad Strawberry Cup		Mixed Fruit Fresh Apple Sliced Peaches Homemade Lite Veggie Pasta Salad Baby Carrots	Fresh Orange Applesauce Mixed Fruit Fresh Apple Sliced Peaches
					



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. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. 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.



Timberlane Middle School

Welcome to our
Lunch Cafe

1/31/2022 - 1/31/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain Waffles
with Sausage
*light and crispy waffles
served with a sausage
patty*
Crispy Potato Puffs



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



Philly Cheese Steak
*thinly sliced beef topped
with sauteed 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



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

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



Fruity Parfait
*vanilla yogurt topped with
strawberries, blueberries,
and crunchy granola*
Chicken Caesar Salad

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



Mixed Fruit
Fresh Apple
Side Salad
Homemade Lite Veggie
Pasta Salad

**MEATLESS
MONDAY**



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. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery. 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.

