

Timberlane Middle School

*Welcome to our
Lunch Cafe*

10/1/2021 - 10/1/2021

Monday

Tuesday

Wednesday

Thursday

Friday

World
MARKET

Coyote
GRILL

La
CUCINA

Miss
RUBY'S
GRILL

Great
AMERICAN
SANDWICH CO.

Fruit
EXPRESS

Healthy
HARVEST

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

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

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

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce and
juicy tomatoes 🌱
Baked Potato Wedges

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
Roast Beef Sandwich

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

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

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

Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie
Pasta Salad
Baby Carrots

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

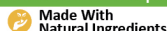
**MEATLESS
MONDAY**



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.



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Timberlane Middle School

Welcome to our
Lunch Cafe

10/4/2021 - 10/8/2021

Monday

Chicken Nuggets
crispy breaded chicken
nuggets perfect for
dipping in your favorite
sauce
Whole Wheat Dinner
Roll
Baked Beans
Oven Baked Fries

Tuesday

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

Wednesday

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta
Homemade Garlic
Bread
Green Beans

Thursday

Cinnamon French
Toast
slices of French toast
baked to perfection
Crispy Potato Puffs
Sautéed Cinnamon
Apple Slices

Friday

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

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

Sausage Pizza
traditional pizza slice
topped with sausage

Meatball Pizza
cheese pizza topped with
sliced meatball

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice

Chicken Parm.
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

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

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

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

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
Roast Beef Sandwich

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

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

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

Fresh Grapes
Mixed Fruit
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie
Pasta Salad

Applesauce
Sliced Peaches
Potato Salad
Side Salad
Confetti Garbanzo
Bean Salad
Homemade Lite Veggie
Pasta Salad

Fresh Grapes
Mixed Fruit
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Applesauce
Sliced Peaches
Potato Salad
Side Salad
Confetti Garbanzo
Bean Salad
Homemade Lite Veggie
Pasta Salad

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



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WHITSON'S
School Nutrition

Timberlane Middle School

Welcome to our
Lunch Cafe

10/11/2021 - 10/15/2021

Monday

Columbus Day
NO SCHOOL

Tuesday

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

Wednesday

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

Thursday

Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Dinner Rolls
Fluffy Mashed Potatoes
Green Beans

Friday

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



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



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

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house
Sweet Potato Fries

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

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, Veggie Burgers, & Chicken Patties.



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 Caesar Wrap

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

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

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



Garden Salad with Cheese Entree
fresh garden salad topped with cheese

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

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

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
Potato Salad
Side Salad
Confetti Garbanzo Bean Salad
Homemade Lite Veggie Pasta Salad

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

Fresh Orange
Mixed Fruit
Potato Salad
Side Salad
Homemade Lite Veggie Pasta Salad

Fresh Granny Smith Apple
Sliced Peaches
Potato Salad
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



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Timberlane Middle School

Welcome to our
Lunch Cafe

10/18/2021 - 10/22/2021

Monday

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce
Oven Baked Fries
Sweet Corn

Tuesday

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

Wednesday

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
Homemade Garlic Bread
Green Beans

Thursday

Early Release
No Lunch

Friday

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

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

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

Bacon Pizza
handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces

Chicken Parm.
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
Sweet Potato Fries

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

Ruby's Chicken Cordon Bleu
handcrafted sandwich with moist chicken breast, thinly sliced ham, cheese, and crisp lettuce between a soft bun

Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes
Baked Potato Wedges

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
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
Turkey Club Wrap

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

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

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

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

Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie
Pasta Salad

Potato Salad
Side Salad
Confetti Garbanzo
Bean Salad
Homemade Lite Veggie
Pasta Salad
Strawberry Cup

Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie
Pasta Salad

Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie
Pasta Salad
Baby Carrots

World MARKET

MEATLESS MONDAY

La CUCINA

Miss RUBY'S GRILL

Great AMERICAN SANDWICH CO.

Fruit EXPRESS

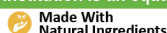
Healthy HARVEST



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Timberlane Middle School

Welcome to our
Lunch Cafe

10/25/2021 - 10/29/2021

Monday

Cinnamon French
Toast
slices of French toast
baked to perfection 🌱
Crispy Potato Puffs
Sautéed Cinnamon
Apple Slices

Tuesday

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

Wednesday

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta 🌱
Homemade Garlic
Bread
Green Beans

Thursday

Chicken and Waffles
crispy chicken placed on
top of fluffy waffles
Crispy Potato Puffs
Applesauce

Friday

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

Meatball Pizza
cheese pizza topped with
sliced meatball 🌱

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 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

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

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

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

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

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
Ham & Cheese

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
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 P 🌱

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese 🌱

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

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese 🌱

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
Potato Salad
Side Salad
Confetti Garbanzo
Bean Salad
Homemade Lite Veggie
Pasta Salad

Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie
Pasta Salad

Applesauce
Sliced Peaches
Potato Salad
Side Salad
Confetti Garbanzo
Bean Salad
Homemade Lite Veggie
Pasta Salad

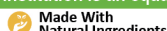
Applesauce
Sliced Peaches
Potato Salad
Side Salad
Confetti Garbanzo
Bean Salad
Homemade Lite Veggie
Pasta Salad

Applesauce
Sliced Peaches
Potato Salad
Side Salad
Confetti Garbanzo
Bean Salad
Homemade Lite Veggie
Pasta Salad

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