

# Timberlane Middle School

Welcome to our Lunch Cafe

10/3/2022 - 10/7/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Mac & Cheese  
pasta in cheese sauce, garnished with parsley  
🌱🌱  
Steamed Broccoli

Soft Tacos 🌱  
Lettuce Topping  
Black Beans  
Sweet Corn  
Salsa  
Sour Cream

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

Cinnamon French Toast  
slices of French toast baked to perfection 🌱  
Crispy Potato Puffs  
Turkey Sausage Patty  
Steamed Broccoli

Nachos Grande  
tortilla chips topped with freshly prepared mexi style meat and cheese  
Sweet Corn  
Salsa  
Sour Cream



Grilled Vegetable Pizza  
freshly made pizza topped with grilled zucchini, squash, eggplant and scallions covered with melted mozzarella cheese 🌱

Homemade Pizza Calzone  
folded whole grain pizza dough filled with ricotta cheese and caramelized onions 🌱🌱

White Pizza  
freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🌱

Hand Crafted Pepperoni Pizza  
fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp 🌱

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

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



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

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

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

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

Sausage Onions & Peppers Sandwich  
Italian sausage sandwich topped with sauteed onions and peppers 🌱  
Crispy Potato Puffs

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



Egg Salad Sandwich  
freshly made sandwich with house prepared egg salad 🌱🌱

Chicken Salad Sandwich  
a deli classic: chicken salad and crisp lettuce on soft bread 🌱

BLT Sandwich with Turkey and Cheese  
crispy bacon, thin sliced turkey and melted cheese topped with lettuce and tomato on toasted bread 🌱

Tuna Salad Sandwich  
freshly made sandwich topped with creamy tuna salad 🌱

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

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



Veggabol Taco Bean Tortilla Bowl  
seasoned beans set on top of crisp lettuce in a whole grain tortilla bowl topped with tomatoes, cucumbers and cilantro

Strawberry Apple Smoothie  
strawberries, apple juice, yogurt and honey 🌱🌱

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 🌱

Salad Plate With Crispy Chicken  
fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🌱

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



Applesauce  
Fresh Orange  
Garden Salad  
Baby Carrots

Fresh Apple  
Fresh Orange  
Caesar Salad

Applesauce  
Fresh Orange  
Garden Salad

Applesauce  
Baby Carrots  
Caesar Salad

Sliced Peaches  
Baby Carrots  
Fresh Cucumber Salad  
Caesar Salad



Whitsons is Simply Rooted® in food and family, and our menus are nutritious. Check out our mobile app www.FDMealPlanner.com. The FD MealPlanner free app is available on the App Store or Google Play, and view your menu on your mobile device anywhere.

**MEATLESS MONDAY**



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.



# Timberlane Middle School

Welcome to our Lunch Cafe

10/10/2022 - 10/14/2022









Monday

Tuesday

Wednesday

Thursday

Friday

 		<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Brown Rice Sweet Corn Salsa</p>	<p>Homemade Chicken &amp; Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🌱🌱</p> <p>Steamed Broccoli Homemade Garlic Bread</p>	<p>Chicken Nugget &amp; Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🌱</p> <p>Green Beans</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese</p> <p>Sweet Corn Salsa</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>Hand Crafted Three Cheese Pizza fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses 🌱</p>	<p>French Bread Pizza toasted French bread topped with pizza sauce and melted cheese 🌱</p>	<p>Crispy Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon 🌱</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
		<p>Turkey Burger grilled turkey burger on a whole wheat bun with cheese</p> <p>Sweet Potato Fries crispy sweet potato fries baked to perfection</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>Grilled Ham &amp; Cheese Sandwich hand crafted sandwich with thinly sliced ham and melted cheese on grilled golden brown bread P</p> <p>Sweet Potato Fries</p>	<p>Veggie Burger 🌱 Sweet Potato Fries crispy sweet potato fries baked to perfection</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken</p>					
		<p>Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱</p>	<p>Egg Salad Sandwich freshly made sandwich with house prepared egg salad 🌱🌱</p>	<p>Ham &amp; Cheese Wrap P</p>	<p>Italian Combo Sandwich freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato P</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps</p>					
		<p>Kale Power Bowl Bowl with kale, grain, hard boiled egg, roasted bok choy, roasted chickpeas, topped with a lemon vinaigrette 🌱</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🌱</p>	<p>Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses P 🌱</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
		<p>Sliced Peaches Baby Carrots Caesar Salad Garden Salad</p>	<p>Applesauce Baby Carrots Fresh Orange Fresh Cucumber Salad</p>	<p>Applesauce Sliced Peaches Baby Carrots Homemade Deli Style Coleslaw</p>	<p>Applesauce Sliced Pears Celery Fresh Cucumber Salad</p>



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# Timberlane Middle School

Welcome to our Lunch Cafe

10/17/2022 - 10/21/2022

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

Nachos Grande  
tortilla chips topped with freshly prepared mexi style meat and cheese  
Sweet Corn  
Salsa



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

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

Pepperoni and Cheese Calzone

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



MEATLESS MONDAY

Egg and Cheese Sandwich  
breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese  
Oven Baked Fries

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

EARLY RELEASE

EARLY RELEASE

Beef Hot Dog on Bun  
juicy beef hot dog on a soft bun  
Oven Baked Fries

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



Honey Mustard Chicken Wrap  
freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing

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

NO LUNCH

NO LUNCH

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



Veggabol BBQ Chickpea Rice Bowl  
steamed rice topped with BBQ flavored chickpeas, fresh lettuce, tomato, carrots, corn and beans with a BBQ drizzle

Grilled Chicken Salad with Dinner Rolls  
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers

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

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



Sliced Peaches  
Fresh Cucumber Salad  
Homemade Carrot & Raisin Slaw

Applesauce  
Sliced Pears  
Baby Carrots  
Caesar Salad

Fresh Apple  
Applesauce  
Side Garden Salad



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MEATLESS MONDAY



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# Timberlane Middle School

Welcome to our  
Lunch Cafe

10/24/2022 - 10/28/2022

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Cheese Quesadilla  
freshly grilled flour tortilla  
with melted cheese  
Sauteed Corn & Black  
Bean Salsa

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

Homemade Pasta &  
Meat Sauce  
freshly cooked  
homemade pasta with  
meat sauce 🍴🌱  
Steamed Broccoli

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

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
Sweet Corn  
Salsa



White Pizza  
freshly made pizza dough  
brushed with garlic and  
oil, topped with  
mozzarella cheese,  
baked to perfection 🍴🌱

Crispy Bacon Pizza  
pizza dough topped with  
tomato sauce, cheese  
and crispy bacon 🍴

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

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

Hand Crafted  
Pepperoni Pizza  
fresh dough layered with  
sauce, topped with  
cheese and pepperoni  
and baked until crisp P 🍴

Available Daily: Cheese Pizza and Pepperoni Pizza Pizza all featuring whole grain rich pizza dough



**MEATLESS MONDAY**  
cheese  
freshly toasted bun P  
Sweet Potato Fries  
crispy sweet potato fries  
baked to perfection

Grilled Cheese  
Sandwich  
golden toasted bread with  
melted gooey cheese  
pressed 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 🍴

Turkey Burger  
grilled turkey burger on a  
whole wheat bun with  
cheese  
Sweet Potato Fries  
crispy sweet potato fries  
baked to perfection

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 Nicoise Salad  
Plate  
flaked tuna, tomatoes,  
hard boiled eggs and  
black olives over a bed of  
tossed greens served  
with two dinner rolls 🍴

Chicken Delight Wrap  
tender chicken and  
melted cheese wrapped  
in a tortilla

American Beauty  
freshly made sandwich  
with thinly sliced turkey  
and cheese, crispy  
lettuce and tomato 🍴

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

Spicy Buffalo Chickpea  
Wrap  
freshly roasted chickpeas  
coated in hot sauce with  
freshly seasoned lettuce,  
tomatoes and onions in a  
soft wrap 🍴🌱

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



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

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

Pineapple Orange  
Smoothie  
a blend of vanilla yogurt  
with pineapple and  
orange 🍴🌱

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

Grilled Chicken Salad  
with Dinner Rolls  
grilled chicken breast,  
lettuce, julienned carrots,  
sliced tomatoes and  
cucumbers 🍴

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



Applesauce  
Sliced Pears  
Celery  
Side Garden Salad  
fresh lettuce and tomato  
salad

Applesauce  
Sliced Peaches  
Baby Carrots  
Side Garden Salad  
fresh lettuce and tomato  
salad

Baby Carrots  
Fresh Orange  
Side Garden Salad  
fresh lettuce and tomato  
salad

Sliced Peaches  
Baby Carrots  
Side Garden Salad  
fresh lettuce and tomato  
salad

Applesauce  
Celery  
Fresh Orange  
Side Garden Salad  
fresh lettuce and tomato  
salad



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# Timberlane Middle School

Welcome to our  
Lunch Cafe

10/31/2022 - 10/31/2022

Monday

Tuesday

Wednesday

Thursday

Friday



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



White Pizza  
freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable 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

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



Baja Bean Fajita  
sautéed onion and pepper and salsa over beans wrapped in a warm tortilla

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

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



Sliced Pears  
Fresh Cucumber Salad  
Side Garden Salad  
fresh lettuce and tomato salad



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