

# Timberlane Middle School

Welcome to our Lunch Cafe

5/2/2022 - 5/6/2022

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



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

Soft Tacos  
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌮  
Sweet Corn

Homemade Shepherd's Pie  
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 🍲  
Steamed Broccoli

Chicken Nugget & Mozzarella Stick Combo  
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷  
Steamed Carrots

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



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

Stuffed Crust Pizza  
fresh whole grain cheese pizza with mozzarella stuffed crust 🍕

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

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

Homemade Chicken Parmesan Calzone  
freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & 🍕

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 🍷

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

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

Grilled Ham & Cheese Sandwich  
hand crafted sandwich with thinly sliced ham and melted cheese on grilled golden brown bread 🍷  
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  
BBQ Chicken Wrap 🍷

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  
Chicken Caesar Wrap

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

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



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 🍷  
Crudite & Cheese Platter 🍷

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

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

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

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



Fresh Apple  
Fresh Orange  
Sliced Peaches  
Sliced Pears  
Side Salad

Fresh Apple  
Fresh Orange  
Sliced Pears  
Sliced Peaches  
Caesar Salad  
Homemade Lite Veggie Pasta Salad

Sliced Peaches  
Sliced Pears  
Fresh Apple  
Side Salad  
Homemade Lite Veggie Pasta Salad

Sliced Pears  
Applesauce  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie Pasta Salad

Sliced Peaches  
Sliced Pears  
Fresh Apple  
Side 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



Whitsons is Simply Rooted® in food and family, and 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 Middle School

Welcome to our Lunch Cafe

5/9/2022 - 5/13/2022

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

Pasta with Meat Sauce  
freshly cooked pasta with meat sauce  
Steamed Carrots  
Homemade Garlic Bread

Chicken Nuggets  
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

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



Green Beans  
Dinner Rolls

Brown Rice  
Fiesta Corn  
Black Beans

Green Beans  
Dinner Rolls

Brown Rice  
Fiesta Corn  
Black Beans



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

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

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

Pepperoni and Cheese Calzone



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

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

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

Beef Hot Dog on Bun  
juicy beef hot dog on a soft 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



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# Timberlane Middle School

Welcome to our Lunch Cafe

5/16/2022 - 5/20/2022

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



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

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

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

Chicken Nuggets  
crispy breaded chicken nuggets perfect for dipping in your favorite sauce  
Oven Baked Fries  
Sweet Corn  
Dinner Rolls

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



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

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

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

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

Homemade three Cheese Calzone  
calzone stuffed with three delicious melted cheeses 🌱🌱

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 🌱  
Sweet Potato Fries

Grilled Ham & Cheese Sandwich  
hand crafted sandwich with thinly sliced ham and melted cheese on grilled golden brown bread 🌱  
Sweet Potato Fries

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

Sausage, Egg and Cheese Sandwich  
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese  
Sweet Potato Fries

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

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



Very Berry Smoothie  
blended strawberries, blueberries and yogurt 🌱🌱🌱

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 🌱

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

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



Fresh Banana  
Mixed Fruit  
Fresh Apple  
Side Salad  
Baby Carrots

Applesauce  
Sliced Peaches  
Side Salad  
Homemade Lite Veggie Pasta Salad

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

Fresh Orange  
Mixed Fruit  
Side Salad  
Homemade Lite Veggie Pasta Salad

Fresh Granny Smith Apple  
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



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# Timberlane Middle School

Welcome to our Lunch Cafe

5/23/2022 - 5/27/2022

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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

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

Bacon Mushroom Pizza  
cheese pizza topped with crispy bacon and fresh mushrooms 🌱

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 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

BLT Sandwich  
warm sandwich prepared in-house topped with crispy bacon, fresh lettuce and tomato slices P 🌱  
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 🌱

Cheeseburger  
burger topped with cheese on a freshly toasted bun

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

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 🌱

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

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

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  
side salad with tomato and cucumber  
Homemade Lite Veggie Pasta Salad  
Strawberry Cup

Fresh Orange  
Sliced Peaches  
Fresh Apple  
Side Salad  
Baby Carrots

Mixed Fruit  
Fresh Apple  
Sliced Peaches  
Homemade Lite Veggie Pasta Salad  
Baby Carrots



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# Timberlane Middle School

Welcome to our Lunch Cafe

5/30/2022 - 5/31/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Soft Tacos  
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌮

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

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



Double Bacon Burger  
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun 🍔

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



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

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



Classic Greek Salad  
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🥗

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



Fresh Apple  
Fresh Orange  
Chilled Red Pepper Strips  
Cucumber Coins  
Sliced Pears  
Sliced Peaches



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