

# Timberlane Middle School

Welcome to our  
Lunch Cafe

5/2/2022 - 5/6/2022









## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

 	<p>Whole Grain Waffles with Sausage light and crispy waffles served with a sausage patty</p> <p>Crispy Potato Puffs Carrot Sticks</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell</p> <p>Sweet Corn</p>	<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy</p> <p>Steamed Broccoli</p>	<p>Chicken Nugget &amp; Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</p> <p>Steamed Carrots</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese</p> <p>Brown Rice Fiesta Corn</p>
	<p>White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection</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>Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</p>	<p>Homemade Chicken Parmesan Calzone freshly prepared dough lightly brushed with oil &amp; garlic stuffed with chicken breast topped with tomato sauce, mozzarella &amp;</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house</p> <p>Sweet Potato Fries</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>Grilled Ham &amp; Cheese Sandwich hand crafted sandwich with thinly sliced ham and melted cheese on grilled golden brown bread</p> <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</p> <p>Tuna Salad Wrap*</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>BBQ Chicken Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Roast Beef Sandwich</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Chicken Caesar Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Turkey Club Wrap</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	<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>Crudite &amp; 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>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 Peaches Sliced Pears Side Salad</p>	<p>Fresh Apple Fresh Orange Sliced Pears Sliced Peaches Caesar Salad Homemade Lite Veggie Pasta Salad</p>	<p>Sliced Peaches Sliced Pears Fresh Apple Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Sliced Pears Applesauce Sliced Peaches Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Sliced Peaches Sliced Pears 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 that means 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

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

Green Beans  
Dinner Rolls

## Tuesday

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

## Wednesday

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

## Thursday

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

## Friday

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

**MEATLESS MONDAY**

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

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

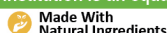
**MEATLESS MONDAY**



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# Timberlane Middle School

Welcome to our  
Lunch Cafe

5/16/2022 - 5/20/2022

## Monday

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

## Tuesday

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

## Wednesday

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

## Thursday

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

## Friday

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  
P 🍷

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 P  
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 P 🍷

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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Vegetarian Made With Natural Ingredients P Pork Smart Choice Made With Organic Ingredients



# Timberlane Middle School

Welcome to our  
Lunch Cafe

5/23/2022 - 5/27/2022










## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

 	<p>Chicken Nugget &amp; Mozzarella Stick Combo</p> <p>Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍷</p> <p>Oven Baked Fries</p> <p>Sweet Corn</p>	<p>Crispy Tacos</p> <p>homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos</p> <p>Brown Rice</p> <p>Fiesta Corn</p>	<p>Homemade Pasta &amp; Meat Sauce</p> <p>freshly cooked</p> <p>homemade pasta with meat sauce 🍷</p> <p>Green Beans</p> <p>Homemade Garlic Bread</p>	<p>Nachos Grande</p> <p>tortilla chips topped with freshly prepared mexi style meat and cheese 🍷</p> <p>Sweet Corn</p>	
	<p>French Bread Pizza</p> <p>toasted French bread topped with pizza sauce and melted cheese 🍷</p>	<p>Meat Lovers Pizza</p> <p>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</p> <p>P 🍷</p>	<p>Bacon Mushroom Pizza</p> <p>cheese pizza topped with crispy bacon and fresh mushrooms 🍷</p>	<p>White Pizza</p> <p>freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🍷</p>	
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	<p>Grilled Cheese Sandwich</p> <p>golden toasted bread with melted gooey cheese pressed and prepared in-house 🍷</p> <p>Sweet Potato Fries</p>	<p>BLT Sandwich</p> <p>warm sandwich prepared in-house topped with crispy bacon, fresh lettuce and tomato slices</p> <p>P 🍷</p> <p>Sweet Potato Fries</p>	<p>Philly Cheese Steak</p> <p>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍷</p>	<p>Cheeseburger</p> <p>burger topped with cheese on a freshly toasted bun</p>	
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	<p>Deli Bar</p> <p>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Tuna Salad Wrap* 🍷</p>	<p>Deli Bar</p> <p>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Egg Salad Wrap 🍷</p>	<p>Deli Bar</p> <p>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p> <p>Turkey Club Wrap 🍷</p>	<p>Deli Bar</p> <p>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</p>	
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	<p>Classic Chef Salad</p> <p>fresh lettuce topped with sliced deli meats and cheeses P 🍷</p>	<p>Garden Salad with Cheese Entree</p> <p>fresh garden salad topped with cheese 🍷</p>	<p>Fruity Parfait</p> <p>vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍷</p>	<p>Fruity Parfait</p> <p>vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍷</p> <p>Chicken Caesar Salad</p>	
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
	<p>Fresh Apple</p> <p>Side Salad</p> <p>Homemade Lite Veggie Pasta Salad</p>	<p>Side Salad</p> <p>side salad with tomato and cucumber</p> <p>Homemade Lite Veggie Pasta Salad</p> <p>Strawberry Cup</p>	<p>Fresh Orange</p> <p>Sliced Peaches</p> <p>Fresh Apple</p> <p>Side Salad</p> <p>Baby Carrots</p>	<p>Mixed Fruit</p> <p>Fresh Apple</p> <p>Sliced Peaches</p> <p>Homemade Lite Veggie Pasta Salad</p> <p>Baby Carrots</p>	
					



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# Timberlane Middle School

Welcome to our  
Lunch Cafe

5/30/2022 - 5/31/2022

Monday

Tuesday

Wednesday

Thursday

Friday

World  
MARKET

Coyote  
GRILL

La  
CUCINA

Miss  
RUBY'S  
GRILL

Great  
AMERICAN  
SANDWICH CO.

Fruit  
EXPRESS

Healthy  
HARVEST



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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