

# Timberlane Middle School

Welcome to our  
Lunch Cafe

8/29/2022 - 8/31/2022

## Monday

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



Steamed Broccoli

## Tuesday

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



Fiesta Corn  
Black Beans

## Wednesday

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

Crispy Potato Puffs  
Steamed Carrots  
Whole Wheat Dinner

## Thursday

## Friday

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried



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



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



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



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

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



Turkey Burger  
grilled turkey burger on a  
whole wheat bun with  
cheese

Spicy Chicken  
Sandwich  
warm spicy crispy  
chicken sandwich  
prepared in-house

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

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



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



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

Fresh Garden Salad  
with Sliced Egg  
garden salad with tomato,  
cucumber, carrot, and  
hard boiled eggs



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



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



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

Applesauce  
Fresh Orange  
Baby Carrots  
Side Garden Salad

Applesauce  
Sliced Peaches  
Baby Carrots  
Caesar Salad

Applesauce  
Fresh Orange  
Baby Carrots  
Side Garden Salad

Available Daliy: Assorted Fruits and Vegetables



Whitsons is Simply Rooted® in food and family, and our menus are 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.



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.



Made With  
Natural Ingredients



Pork



Smart  
Choice



Made With  
Organic Ingredients

