Timberlane Middle School

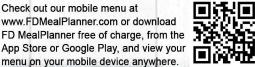
Welcome to our Lunch Cafe

8/29/2022 - 8/31/2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade Mac & Cheese	Nachos Grande	Chicken Nuggets		
World 🗺	pasta in cheese sauce,	tortilla chips topped with freshly prepared mexi	crispy breaded chicken nuggets perfect for		
MARKET	garnished with parsley	style meat and cheese	dipping in your favorite		
	₹	<u> </u>	sauce		
	Steamed Broccoli	Fiesta Corn	Crispy Potato Puffs		
Coyote		Black Beans	Steamed Carrots		
7 Crie	Available Daily: Nachos	, Cripsy and Soft Tacos, N	Mexi-Rice with your choice	e of Mexi Beef, Mexi Chick	ken, Mexi Veg, Refried
	9				
	MEATLESS MONDAY				
	White Pizza	BBQ Chicken Pizza	French Bread Pizza		
	freshly made pizza dough	freshly prepared pizza	toasted French bread		
10	brushed with garlic and oil, topped with	dough topped with BBQ sauce, mozzarella,	topped with pizza sauce and melted cheese 🕡		
CUCINA	mozzarella cheese,	cheddar, chicken strips,	CANCELLO CONCOCCE (V)		
	baked to perfection 🕡	and red onion 🤔			
	<i>₿</i>				
and the state of t	Available Daily: Cheese	Pizza, Pepperoni Pizza and	d Specialty Pizza all featur	ring whole grain rich pizza	a dough
	Grilled Cheese	Turkey Burger	Spicy Chicken		
***	Sandwich golden toasted bread with	grilled turkey burger on a whole wheat bun with	Sandwich warm spicy crispy		
Miss O	melted gooey cheese	cheese	chicken sandwich		
	pressed and prepared in-		prepared in-house		
	house 🕜				
GRILL					
And the second	Available Daily: Hamburg	gers, Cheeseburgers, Veg	gie Burgers, and Chicken	Patties	
	Chicken Caesar Wrap	BBQ Chicken Wrap	Tuna Salad Wrap*		
	freshly made tortilla wrap	chicken breast with BBQ	fresh chunky tuna salad		
0.1	filled with sliced chicken, crisp lettuce, and cheese	sauce, lettuce and tomato in a wrap 🤔	with field greens and tomatoes served in a		
Great -	topped with low-fat	iii a wiap 🧒	wrap 🤔		
OAMEDICAN	Caesar dressing				
SANDWICH CO.					
At, and		ssorted Boars Head co		whole grain rich bread	, rolls and wraps
	Fresh Garden Salad with Sliced Egg	Classic Chef Salad fresh lettuce topped with	Cobb Salad fresh lettuce topped with		
	garden salad with tomato,	sliced deli meats and	bacon, baked chicken,		
Frait San	cucumber, carrot, and	cheeses 📭 🤔	shredded cheddar, and		
	hard boiled eggs 🍘 🤔		chopped egg 🤔		
	A !! - ! - ! - D - !! O ! !	Salad, Chef Salad, Caesar		neat dinner roll and your o	hoice of fruit and milk
	Applesauce	Applesauce	Applesauce		
	Applesauce Fresh Orange	Sliced Peaches	Fresh Orange		
	Applesauce				
Healthu	Applesauce Fresh Orange Baby Carrots	Sliced Peaches Baby Carrots	Fresh Orange Baby Carrots		
Healthy	Applesauce Fresh Orange Baby Carrots	Sliced Peaches Baby Carrots	Fresh Orange Baby Carrots		
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Healthy	Applesauce Fresh Orange Baby Carrots	Sliced Peaches Baby Carrots Caesar Salad	Fresh Orange Baby Carrots		



our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the



* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights has and policies, this institution is prohibited from discriminating on the basis of race, ional origin, sex (including gender identity and sexual orientation), disability, age, all or retaliation for prior civil rights activity. * This institution is an equal opportunity WHITSON School Nutrition









