

# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/1/2022 - 9/2/2022












Monday

Tuesday

Wednesday

Thursday

Friday

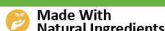
 				Cinnamon French Toast <i>slices of French toast baked to perfection</i>  Crispy Potato Puffs Turkey Sausage Patty Steamed Broccoli	<b>SCHOOL CLOSED TODAY</b>
				Hand Crafted Buffalo Chicken Pizza <i>fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</i> 	
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
				Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a</i>	
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken					
				Tuna Salad Sandwich <i>freshly made sandwich topped with creamy tuna salad</i> 	
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps					
				Fruity Parfait <i>vanilla yogurt topped with strawberries, blueberries, and crunchy granola</i> 	
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
				Fresh Apple Applesauce Baby Carrots Caesar Salad	



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.



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# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/5/2022 - 9/9/2022

Monday

Tuesday

Wednesday

Thursday

Friday

 		<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Brown Rice</p> <p>Sweet Corn</p> <p>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</p> <p>Homemade Garlic Bread</p>	<p>Chicken Nugget &amp; Mozzarella Stick Combo</p> <p>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>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
		<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 🌱</p> <p>Sweet Potato Fries crispy sweet potato fries baked to perfection</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken					
		<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>
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps					
		<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>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
		<p>Sliced Peaches</p> <p>Baby Carrots</p> <p>Caesar Salad</p> <p>Garden Salad</p>	<p>Applesauce</p> <p>Baby Carrots</p> <p>Fresh Orange</p> <p>Fresh Cucumber Salad</p>	<p>Applesauce</p> <p>Sliced Peaches</p> <p>Baby Carrots</p> <p>Homemade Deli Style Coleslaw</p>	<p>Applesauce</p> <p>Sliced Pears</p> <p>Celery</p> <p>Fresh Cucumber Salad</p>



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WHITSON'S  
School Nutrition



# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/12/2022 - 9/16/2022

## Monday

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



Green Beans

## Tuesday

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese

Brown Rice  
Sweet Corn  
Salsa

## Wednesday

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



Spicy Honey Broccoli

## Thursday

Cinnamon French  
Toast  
slices of French toast  
baked to perfection



Crispy Potato Puffs

## Friday

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



Macho Taco Pizza  
homemade fiesta style  
taco meat, tomato sauce,  
mozzarella and parmesan  
cheese a top pizza crust  
brushed with garlic and  
oil



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



Pepperoni and Cheese  
Calzone



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



Egg and Cheese  
Sandwich  
warm 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

Grilled Cheese with  
Bacon  
grilled cheese with layers  
of crisp bacon on toasty  
bread  
Sweet Potato Fries  
crispy sweet potato fries

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



Sweet Potato Fries

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



Tuna Salad Sandwich  
freshly made sandwich  
topped with creamy tuna  
salad



American Combo  
Sandwich  
freshly made sandwich  
with thinly sliced turkey,  
ham and cheese



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



Very Berry Smoothie  
freshly blended mix of  
berries with yogurt



House Chop Salad with  
Ham & Dinner Rolls  
ham, tomatoes, and red  
peppers on a bed of  
lettuce served with Italian  
dressing



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



Fresh Apple  
Sliced Peaches  
Fresh Cucumber Salad  
Homemade Carrot &  
Raisin Slaw

Applesauce  
Sliced Pears  
Baby Carrots  
Caesar Salad

Applesauce  
Sliced Peaches  
Celery  
Cucumber Coins

Applesauce  
Sliced Peaches  
Baby Carrots  
Fresh Cucumber Salad

Side Garden Salad  
fresh lettuce and tomato  
salad



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Made With  
Natural Ingredients



Pork



Smart  
Choice



Made With  
Organic Ingredients



# Timberlane Middle School

Welcome to our  
Lunch Cafe

9/19/2022 - 9/23/2022

## 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



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

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 🌱

Pepperoni and Cheese  
Calzone P 🌱

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



Cheeseburger  
burger topped with  
cheese on a freshly  
toasted bun  
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



Simply Boxed Vegan  
Hummus Pack  
freshly prepared grab and  
go meal featuring  
hummus, crispy whole  
grain pita chips,  
sunflower seeds and

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

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

Fresh Apple  
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

9/26/2022 - 9/30/2022

## Monday

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

## Tuesday

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

## Wednesday

Professional  
Development

## Thursday

Chicken Parm  
"Poppers" Over Pasta  
WG breaded chicken  
over pasta topped with  
tomato sauce and melted  
mozzarella cheese 🌱

## Friday

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 🌱

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

Day

Margherita Pizza  
freshly prepared dough  
lightly brushed with garlic  
and oil, topped with  
tomato sauce, mozzarella  
cheese, fresh tomatoes  
and basil 🌱

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

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

Beef Hot Dog on Bun  
juicy beef hot dog on a  
soft bun  
Sweet Potato Fries  
crispy sweet potato fries  
baked to perfection

Cheesy Chicken  
Sandwich  
a warm sandwich  
prepared in-house and  
topped with baked  
chicken cutlet and melted  
cheese

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

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

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

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

Chicken Ranch Wrap  
tender chicken tossed in  
buttermilk ranch dressing  
with lettuce and tomatoes  
in a wrap 🌱

Turkey BLT Wrap  
sliced turkey, bacon,  
lettuce, and tomato on a  
wrap 🌱

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 🌱

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

Strawberry Orange  
Smoothie  
a blend of vanilla yogurt  
with fresh strawberries  
and orange juice 🌱

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

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

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

Applesauce  
Sliced Peaches  
Cucumber Coins  
Side Garden Salad  
fresh lettuce and tomato  
salad

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

Fresh Apple  
Fresh Orange  
Fresh Banana  
Side Garden Salad  
fresh lettuce and tomato  
salad



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