

Timberlane High School

Welcome to our
Lunch Cafe

9/1/2021 - 9/3/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain Waffles
with Sausage
*light and crispy waffles
served with a sausage
patty*
Crispy Potato Puffs
Sauteed Cinnamon
Apple Slices

Homemade Chicken &
Broccoli Alfredo
*grilled chicken and
broccoli florets tossed in
a creamy sauce over
tender pasta* 🌱🌱
Homemade Garlic
Bread

Ramen Noodle Bar
*create your own authentic
ramen noodle soup bowl
with assorted toppings*

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

Chicken & Broc.
Alfredo Pizza

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

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough

Burrito
*mexi-style meat, rice and
shredded cheese folded
inside a soft tortilla* 🌱
Brown Rice
Sweet Corn

Nachos Grande
*tortilla chips topped with
freshly prepared mexi
style meat and cheese
sauce*
Sweet Corn
Brown Rice

Mexican Salad
*salad with beans, corn,
sour cream, and salsa* 🌱🌱
Brown Rice
Sweet Corn

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

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

Sausage Onions &
Peppers Sandwich
*Italian sausage sandwich
topped with sauteed
onions and peppers* P
Sweet Potato Fries

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

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

Turkey Club Wrap
*turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla* 🌱

Roast Beef Wrap
*thinly sliced roast beef
with lettuce and tomato* 🌱

Vegetarian Hummus
Wrap
*freshly made tortilla wrap
spread with hummus and
topped with crispy
cucumbers, tomatoes,
red onions and cheese* 🌱🌱

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

Garden Salad with
Chicken Salad
*chicken salad on a bed of
lettuce, cucumbers,
carrots and tomatoes* 🌱

Simply Boxed Hummus
Energy Pack
*freshly packed meal with
hummus, crispy pita
chips, cheese and sliced
vegetables* 🌱🌱

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 & Yogurt Parfait and Smoothies Includes whole wheat dinner roll

Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad
Kiwi

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

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

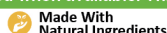
Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at 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 High School

Welcome to our
Lunch Cafe

9/6/2021 - 9/10/2021

Monday

Holiday

NO SCHOOL

Tuesday

Meatloaf with Gravy
savory beef meatloaf with
a hearty brown gravy 🍴
Fluffy Mashed
Potatoes
Green Beans
Whole Wheat Dinner
Roll

Wednesday

Pasta, Pasta, Pasta
pasta with the sauce of
your choice: Alfredo,
marinara or bolognese
Homemade Garlic
Bread
Green Beans

Thursday

Whole Grain French
Toast
slices of French toast
baked to perfection 🍴
Sausage Patty
Crispy Potato Puffs

Friday

Chicken with Gravy
roasted chicken covered
with gravy
Fluffy Mashed
Potatoes
Green Beans
Garlic Cheese Biscuit

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough

Mexican Salad
salad with beans, corn,
sour cream, and salsa
Brown Rice
Sweet Corn

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

Mission Burrito
authentic fiesta style
meat topped with sour
cream, beans, seasoned
rice, shredded cheese
and crisp lettuce inside a
soft tortilla shell

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

Available Daily: Nachos, Crispy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

Sloppy Joe on a Bun
with
Sweet Potato Fries

BBQ Chicken
Sandwich
warm baked chicken
smothered in BBQ sauce
on a bun 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

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce and
juicy tomatoes
Sweet Potato Fries

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

Turkey Club Wrap
turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla

Chicken Salad Wrap
chunks of white meat
chicken seasoned and
mixed with mayo in a
fresh wrap

Buffalo Chicken Wrap
warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato

Chicken Salad Wrap
chunks of white meat
chicken seasoned and
mixed with mayo in a
fresh wrap

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

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

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses

Simply Boxed Belgian
Waffle Bites
freshly prepared grab and
go meal featuring creamy
yogurt, whole grain
Belgian waffle bites,
sunflower protein and

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

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Mixed Fruit
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Melon Cup
cubed fresh melon
Garden Salad
Diced Pear Cup
Potato Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Variety of Veggies, Legumes, Fruit & Fresh Fruit Available Daily. Choice of Milk is included with all meals.



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Timberlane High School

Welcome to our
Lunch Cafe

9/13/2021 - 9/17/2021

Monday

Tuesday

Wednesday

Thursday

Friday



Sweet & Sour Chicken
Sauce & Toss
popcorn chicken in a
sweet & sour sauce
Brown Rice
Steamed Broccoli

Cheesy Lasagna Roll-
Ups
rolled up lasagna
noodles, stuffed with
ricotta and parmesan
cheeses, tomato sauce
and melted mozzarella
cheese.
Steamed Broccoli

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

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta
Homemade Garlic
Bread
Garlic Bread

Chicken and Waffles
crispy chicken placed on
top of fluffy waffles
Crispy Potato Puffs
Sauteed Cinnamon
Apple Slices



Meatball Pizza
cheese pizza topped with
sliced meatball

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

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

Pepper & Onion Pizza
freshly made pizza dough
topped with marinara
sauce, mozzarella and
sauteed peppers and
onions

Chicken, Bacon,
Ranch Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough



Cheese Quesadilla
freshly grilled flour tortilla
with melted cheese
Sweet Corn
Brown Rice

Chicken Burrito
with Rice & Corn

Mission Burrito
authentic fiesta style
meat topped with sour
cream, beans, seasoned
rice, shredded cheese
and crisp lettuce inside a
soft tortilla shell

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

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

Available Daily: Nachos, Crispy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,



Grilled Chicken
Teriyaki Sandwich
grilled chicken breast
marinated in teriyaki
sauce, topped with
lettuce & tomato prepared
in-house

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce and
juicy tomatoes
Sweet Potato Fries

Bacon Cheeseburger
burger topped with
cheese and bacon on a
freshly toasted bun
Sweet Potato Fries

Smokehouse Pulled
Pork Sandwich
smokehouse pulled pork
on a roll with cole slaw

Sweet Potato Fries

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

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



Buffalo Chicken Wrap
warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato

Chicken Salad Wrap
chunks of white meat
chicken seasoned and
mixed with mayo in a
fresh wrap

Tuna Salad Wrap*
fresh chunky tuna salad
with field greens and
tomatoes served in a
wrap

Teriyaki Chicken Wrap
tender Teriyaki chicken
breast, lettuce, tomato
and mayo on a whole
wheat wrap

Turkey Club Wrap
turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla

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



Simply Boxed Belgian
Waffle Bites
freshly prepared grab and
go meal featuring creamy
yogurt, whole grain
Belgian waffle bites,
sunflower protein and

Antipasto Salad with
Dinner Rolls
salami, provolone, swiss
cheese, garbanzo beans
and fire roasted peppers
over garden salad

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

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

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses

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



Fresh Orange
Fresh Melon Cup
Garden Salad
Sliced Peaches
Potato Salad

Fresh Orange
Sliced Peaches
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Granny Smith
Apple
Mixed Fruit
Fresh Melon Cup
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Applesauce
Kiwi
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

Fresh Orange
Mixed Fruit
Fresh Melon Cup
Potato Salad
Side Salad
Homemade Lite Veggie
Pasta Salad

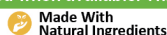
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Timberlane High School

Welcome to our
Lunch Cafe

9/20/2021 - 9/24/2021

Monday

Chicken with Gravy
roasted chicken covered
with gravy
Fluffy Mashed
Potatoes
Steamed Carrots
Dinner Rolls

Tuesday

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta
Homemade Garlic
Bread
Green Beans

Wednesday

Whole Grain French
Toast
slices of French toast
baked to perfection
Sausage Patty
Crispy Potato Puffs

Thursday

Meatloaf with Gravy
savory beef meatloaf with
a hearty brown gravy
Fluffy Mashed
Potatoes
Steamed Carrots
Corn Bread

Friday

Homemade Chicken &
Broccoli Alfredo
grilled chicken and
broccoli florets tossed in
a creamy sauce over
tender pasta
Garlic & Cheese



Available Daily: Cheese Pizza, Pepperoni Pizza and a Special Calzon or Pizza all featuring whole grain rich pizza dough

Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

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

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

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

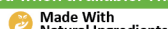
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Timberlane High School

Welcome to our
Lunch Cafe

9/27/2021 - 9/30/2021

Monday

Tuesday

Wednesday

Thursday

Friday

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|--|--|--|------------------|--|--|
|  | <p>Sweet & Sour Chicken Sauce & Toss <i>popcorn chicken in a sweet & sour sauce</i> Brown Rice Vegetable Egg Roll Oriental Vegetable Blend</p> | <p>Chicken with Gravy <i>roasted chicken covered with gravy</i> Fluffy Mashed Potatoes Sweet Corn Garlic Cheese Biscuit</p> | <p>No School</p> | <p>Pasta with Marina Sauce & Mozzarella Sticks Green Beans Garlic Bread</p> | |
|  | <p>Macho Taco Pizza <i>homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil</i></p> | <p>French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i></p> | | <p>Hand Crafted Buffalo Chicken Pizza <i>fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</i></p> | |
|  | <p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese Sweet Corn</i></p> | <p>Mexican Salad <i>salad with beans, corn, sour cream, and salsa</i> Brown Rice Sweet Corn</p> | | <p>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i></p> | |
|  | <p>BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in- house</i> Sweet Potato Fries</p> | <p>Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i> Sweet Potato Fries</p> | | <p>Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i> Sweet Potato Fries</p> | |
|  | <p>Chicken Salad Wrap <i>chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap</i></p> | <p>Chicken Salad Wrap <i>chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap</i></p> | | <p>Turkey Club Wrap <i>turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla</i></p> | |
|  | <p>Simply Boxed Hummus Energy Pack <i>freshly packed meal with hummus, crispy pita chips, cheese and sliced vegetables</i></p> | <p>Simply Boxed Belgian Waffle Bites <i>freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and</i></p> | | <p>Cobb Salad <i>fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg</i></p> | |
|  | <p>Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p> | <p>Fresh Orange Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p> | | <p>Fresh Orange Mixed Fruit Fresh Melon Cup Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p> | |

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Available Daily: Nachos, Cripsy & Soft Tacos, Taco Bowls with Mexi Beef, Chicken, Cheese and Shredded Lettuce,

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

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

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



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