

Timberlane Middle School

*Welcome to our
Lunch Cafe*

9/1/2021 - 9/3/2021








Monday

Tuesday

Wednesday

Thursday

Friday

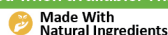
 			Homemade Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> 🌱🌱 Green Beans Homemade Garlic Bread	Chicken and Waffles <i>crispy chicken placed on top of fluffy waffles</i> Crispy Potato Puffs Applesauce	No School
			Hand Crafted Buffalo Chicken Pizza <i>fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</i> 🌱	Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i> P 🌱	
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
			Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🌱🌱 Sweet Potato Fries	BBQ Pulled Pork Sandwich <i>shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun</i> P Baked Potato Wedges	
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
			Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Roast Beef Sandwich	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Ham & Cheese	
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
			Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱	Classic Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> P 🌱	
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
			Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad	Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad	
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 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.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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. This institution is an equal opportunity provider.



Timberlane Middle School

Welcome to our
Lunch Cafe

9/6/2021 - 9/10/2021







Monday

Tuesday

Wednesday

Thursday

Friday

  		<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Soft Tacos</p> <p>Chicken Fajita Wrap</p> <p>Brown Rice</p> <p>Fiesta Corn</p>	<p>Pasta, Pasta, Pasta pasta with the sauce of your choice: Alfredo, marinara or bolognese</p> <p>Homemade Garlic Bread</p> <p>Green Beans</p>	<p>Cinnamon French Toast slices of French toast baked to perfection</p> <p>Crispy Pork Sausage Links</p> <p>Crispy Potato Puffs</p> <p>Sauteed Cinnamon Apple Slices</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce</p> <p>Brown Rice</p> <p>Fiesta Corn</p>
		<p>Sausage Pizza traditional pizza slice topped with sausage</p>	<p>Meatball Pizza cheese pizza topped with sliced meatball</p>	<p>Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice</p>	<p>Chicken Parm. Calzone</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
		<p>Grilled Chicken Teriyaki Sandwich grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato 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>BBQ Pulled Pork Sandwich shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun</p> <p>Baked Potato Wedges</p>	<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house</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>Turkey Club Wrap</p>	<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>Egg 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>Buffalo Chicken Wrap</p>
	Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with				
		<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</p>	<p>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes</p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese</p>
	Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner				
		<p>Diced Pear Cup</p> <p>Fresh Apple</p> <p>Side Salad</p> <p>Potato Salad</p> <p>Homemade Lite Veggie Pasta Salad</p>	<p>Applesauce</p> <p>Sliced Peaches</p> <p>Potato Salad</p> <p>Side Salad</p> <p>Confetti Garbanzo Bean Salad</p> <p>Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Grapes</p> <p>Mixed Fruit</p> <p>Fresh Apple</p> <p>Potato Salad</p> <p>Side Salad</p> <p>Homemade Lite Veggie Pasta Salad</p>	<p>Applesauce</p> <p>Sliced Peaches</p> <p>Potato Salad</p> <p>Side Salad</p> <p>Confetti Garbanzo Bean Salad</p> <p>Homemade Lite Veggie Pasta Salad</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 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.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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. This institution is an equal opportunity provider.



Timberlane Middle School

Welcome to our
Lunch Cafe

9/13/2021 - 9/17/2021







Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Turkey Hot Dog on Bun turkey hot dog on soft bun Baked Beans Sweet Potato Fries</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese Soft Tacos Chicken Fajita Wrap Brown Rice Fiesta Corn</p>	<p>Pasta with Meat Sauce freshly cooked pasta with meat sauce Homemade Garlic Bread Green Beans</p>	<p>Baked Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Dinner Rolls Fluffy Mashed Potatoes Green Beans</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce Brown Rice Fiesta Corn</p>
	<p>French Bread Pizza toasted French bread topped with pizza sauce and melted cheese</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</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>Bacon Pizza handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces</p>	<p>Chicken Parm. Calzone</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	<p>Grilled Cheese Sandwich toasted bread with melted gooey cheese and prepared in-house</p>	<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a bun</p>	<p>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house Sweet Potato Fries</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>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella Sweet Potato Fries</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 Roast Beef Sandwich</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Buffalo Chicken Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Caesar Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Ham & Cheese Wrap</p>	<p>Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Chicken Salad Wrap</p>
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	<p>Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses</p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese</p>	<p>Classic Chef Salad fresh lettuce topped with sliced deli meats and cheeses</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</p>	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
	<p>Fresh Grapes Mixed Fruit Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Orange Mixed Fruit Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</p>	<p>Fresh Granny Smith Apple Sliced Peaches Potato Salad Side Salad Homemade Lite Veggie Pasta Salad</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 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.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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. This institution is an equal opportunity provider.



Timberlane Middle School

Welcome to our
Lunch Cafe

9/20/2021 - 9/24/2021

Monday

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce
Oven Baked Fries
Sweet Corn

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

Tuesday

Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Soft Tacos
Chicken Fajita Wrap
Brown Rice
Fiesta Corn

Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball

Wednesday

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

Bacon Pizza
handmade pizza topped with sauce, melted mozzarella and crispy bacon pieces

Thursday

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

Meatball Pizza
cheese pizza topped with sliced meatball

Friday

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

Chicken Parm.
Calzone

Available Daily: 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
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

Ruby's Chicken Cordon Bleu
handcrafted sandwich with moist chicken breast, thinly sliced ham, cheese, crisp lettuce and pickle chips between a

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

Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes
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
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
Turkey Club Wrap

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
Roast Beef Sandwich

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

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

Fruity Parfait
vanilla yogurt topped with strawberries, blueberries, and crunchy granola

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

Diced Pear Cup
Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie Pasta Salad

Potato Salad
Side Salad
Confetti Garbanzo Bean Salad
Homemade Lite Veggie Pasta Salad
Strawberry Cup

Diced Pear Cup
Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie Pasta Salad

Applesauce
Sliced Peaches
Potato Salad
Side Salad
Confetti Garbanzo Bean Salad
Homemade Lite Veggie Pasta Salad

Diced Pear Cup
Fresh Apple
Side Salad
Potato Salad
Homemade Lite Veggie Pasta Salad
Baby Carrots

World MARKET

MEATLESS MONDAY

La CUCINA

Miss RUBY'S GRILL

Great AMERICAN SANDWICH CO.

Fruit EXPRESS

Healthy HARVEST



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.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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. This institution is an equal opportunity provider.

Vegetarian

Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

WHITSON'S School Nutrition

Timberlane Middle School

Welcome to our
Lunch Cafe

9/27/2021 - 9/30/2021























Monday

Tuesday

Wednesday

Thursday

Friday

 	Cinnamon French Toast <i>slices of French toast baked to perfection</i>  Crispy Pork Sausage Links Crispy Potato Puffs Sautéed Cinnamon Apple Slices	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> Soft Tacos Chicken Fajita Wrap  Brown Rice Fiesta Corn	No School Staff Development Day	Chicken and Waffles <i>crispy chicken placed on top of fluffy waffles</i> Crispy Potato Puffs Applesauce	
	Sausage Pizza <i>traditional pizza slice topped with sausage</i> 	Meat Lovers Pizza <i>freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball</i>  		French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i> 	
 Available Daily: Cheese Pizza, Pepperoni Pizza and Special Calzone or Pizza all featuring whole grain rich pizza dough					
	Grilled Cheese Sandwich <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i>  Baked Potato Wedges	BBQ Pulled Pork Sandwich <i>shredded pork smothered in a smoky BBQ sauce and arranged on a soft bun</i>  Baked Potato Wedges		Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> 	
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, & Chicken Patties.					
	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Ham & Cheese	Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Turkey Club Wrap 		Deli Bar <i>an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich</i> Buffalo Chicken Wrap	
Daily: Boars Head cold cuts, popcorn chicken, tuna, cheeses & whole grain bread, rolls and wraps with					
	Classic Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i>  	Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i> 		Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i> 	
Available Daily: Garden Salad, Chef Salad, Caesar Salad & Organic Fruit and Yogurt Parfait. Includes whole wheat dinner					
	Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta Salad	Diced Pear Cup Fresh Apple Side Salad Potato Salad Homemade Lite Veggie Pasta Salad		Applesauce Sliced Peaches Potato Salad Side Salad Confetti Garbanzo Bean Salad Homemade Lite Veggie Pasta 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 or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain. ****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. This institution is an equal opportunity provider.

