



Hawk Cafe September Menu

Thomas Leadership Academy has a **NO Charge** policy for school meals.



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<u>BREAKFAST:</u> WGR French Toast Sticks, Turkey Sausage, 100% Orange Juice <u>LUNCH:</u> Beef Meatloaf, WGR Dinner Roll Mashed Potatoes, Green Beans, Fresh Grapes	<u>BREAKFAST:</u> Breakfast Pizza (WGR crust), 100% Fruit Punch Juice <u>LUNCH:</u> Chicken Fajitas on WGR Tortillas, Peppers/Onions, Black Beans, Mandarin Oranges	<u>BREAKFAST:</u> Bagel w/ cream cheese, Scrambled Egg, 100% Grape Juice <u>LUNCH:</u> Spaghetti & Meatballs, WGR Garlic Bread, peas & carrots, Fresh Pear	<u>BREAKFAST:</u> Yogurt Parfait, WGR Granola, Blueberries, <u>LUNCH:</u> Ham Mac & Cheese, WGR Dinner Roll, Steamed Peas, Pineapple
7	8	9	10	11
<u>BREAKFAST:</u> Chicken & WGR Waffle, Fresh Orange <u>LUNCH:</u> Sliced Turkey & Gravy, WGR Dinner Roll, Mashed Potatoes, Green Beans, Fresh Apple	<u>BREAKFAST:</u> Blueberry Muffin, Cheese Stick 100% Fruit Punch Juice <u>LUNCH:</u> Meatball Sub on WGR Roll, Roasted Zucchini, Side Salad, Diced Peaches	<u>BREAKFAST:</u> Egg & Cheese WGR English_Muffin, Fresh Apple, <u>LUNCH:</u> Chicken Teriyaki, Brown Rice. Broccoli, Carrots, Fresh Tangelos	<u>BREAKFAST:</u> WGR Cinnamon Toast, Yogurt, Pineapple Tidbits <u>LUNCH:</u> Beef Tacos on WGR Tortillas, Lettuce/Tomato, Pinto Beans, Fresh Melon	<u>BREAKFAST:</u> Turkey Sausage, WGR Mini Pancakes, Fresh Pear, <u>LUNCH:</u> BBQ Chicken Drumstick, Rice, WGR Cornbread, Black eye peas, Fresh Grapes
14	15	16	17	18
<u>BREAKFAST:</u> WGR Cereal, Yogurt, Mixed Berries, <u>LUNCH:</u> Grilled Cheese on WGR Bread, Tomato Soup, Cucumber/Carrot Cup., Mandarin Oranges	<u>BREAKFAST:</u> Breakfast Burrito (Egg/Cheese/Turkey Sausage, WGR_tortilla), 100% Grape Juice <u>LUNCH:</u> Turkey Pepperoni Pizza (WGR crust), Garden Salad, Broccoli, Pineapple	<u>BREAKFAST:</u> Ham & cheese WGR Muffin, Applesauce <u>LUNCH:</u> Chicken Quesadilla (WGR tortilla), Black Beans, Corn Salsa, Fresh Apple	<u>BREAKFAST:</u> Scrambled Egg, WGR Biscuit Fresh Melon <u>LUNCH:</u> Fish Sticks, WGR Dinner Roll, Sweet Potato Fries, coleslaw, Diced Pears	<u>BREAKFAST:</u> WGR Waffle, Yogurt, fresh grapes <u>LUNCH:</u> Shepherd's Pie, WGR Dinner Roll, Green Peas, Roasted Carrots, Fresh Strawberries
21	22	23	24	25
<u>BREAKFAST:</u> Fruit & Yogurt Smoothie, WGR Toast 100% Grape Juice <u>LUNCH:</u> Beef & Bean Burrito (WGR tortilla), Lettuce/Tomato, Corn, Fresh Orange	<u>BREAKFAST:</u> WGR French Toast, Egg, Fresh Strawberries <u>LUNCH:</u> Chicken Parmesan w/ pasta WGR Breadstick, Spinach Salad, Green Beans, Fresh Grapes	<u>BREAKFAST:</u> Turkey Sausage WGR Biscuit, Mandarin Oranges <u>LUNCH:</u> Turkey Cheeseburger on WGR Bun, Oven Fries, Cucumber/Tomato, Watermelon	<u>BREAKFAST:</u> WGR Breakfast Bar + Yogurt, 100% Fruit Punch Juice <u>LUNCH:</u> Baked Chicken Nuggets + WGR Dinner Roll, Broccoli, Carrots, Applesauce	<u>BREAKFAST:</u> Cheese Omelet, WGR Toast, 100% Grape Juice <u>LUNCH:</u> Walking Taco: Taco Meat, WGR Chips, Cheese, Lettuce/Tomato, Black Beans, Pineapple

2% White or Chocolate milk served daily

Prices: Breakfast \$2.00/daily Lunch: \$3.00/daily

Reduced Price: Breakfast: \$.50/Daily Lunch: \$1.50/Daily

For medical restrictions, a statement from a healthcare provider is required, outlining how the condition restricts the diet, what foods to avoid, and what substitutes are needed.