



# Hawk Cafe January Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Teacher Work Day / Student Holiday</b>	<b>Breakfast:</b> Oatmeal, Fruit  <b>Lunch:</b> Corn Dogs, Bake Fries, Orange Wedges	<b>Breakfast:</b> PopTart, String Cheese, Applesauce  <b>Lunch:</b> Chicken Nuggets, Mash Potatoes, String Beans, Fruit	<b>Breakfast:</b> Frosted Flakes, Fruit  <b>Lunch:</b> Sloppy Joe Sandwich, Celery w/ Ranch, & Fruit	<b>Breakfast:</b> Turkey Sausage, Eggs, Biscuit, Fruit  <b>Lunch:</b> Pizza, Corn, Salad, Fruit
<b>Breakfast:</b> Muffin, String Cheese, Fruit, Juice  <b>Lunch:</b> Chicken Sandwich, Sweet Potato Fries, Fruit	<b>Breakfast:</b> Oatmeal, Fruit  <b>Lunch:</b> Hot Dogs, Bake Beans, Carrot Sticks, Vanilla Pudding	<b>Breakfast:</b> Breakfast Bar, Applesauce  <b>Lunch:</b> Bake Spaghetti, Steam Broccoli, Garlic Bread, & Apple Wedges	<b>Breakfast:</b> Cinnamon Toast Crunch, Fruit  <b>Lunch:</b> Beefaroni, Corn, Celery Sticks, & Fruit ,	<b>Breakfast:</b> Turkey Sausage links, Toast  <b>Lunch:</b> Pizza, Salad w/ dressing,, Vanilla pudding
	<b>Breakfast:</b> Oatmeal, Fruit, Milk  <b>Lunch:</b> Hot Dogs, Bake Beans, Carrot Sticks	<b>Breakfast:</b> Breakfast Bar, Applesauce  <b>Lunch:</b> Chicken Nuggets, Mash Potatoes, String Beans, Fruit	<b>Breakfast:</b> Frosted Flakes, Fruit  <b>Lunch:</b> Sloppy Joe Sandwich, Celery w/Ranch, Chips, & Fruit	<b>Breakfast:</b> French Toast Sticks, Syrup  <b>Lunch:</b> Pizza, Salad w/ dressing, Brownie
<b>Breakfast:</b> Muffins, Fruit , Milk  <b>Lunch:</b> Chicken Salad w/ Dressing, Fruit cup, Bake Chips	<b>Breakfast:</b> Yogurt w/ Granola cups  <b>Lunch:</b> Hot Dogs, Bake Beans, Carrot Sticks,	<b>Breakfast:</b> Cereal w/ Milk & Fruit  <b>Lunch:</b> Bake Chicken, Rice w/vegetables, Fruit	<b>Breakfast:</b> Whole Grain Pop tarts, Milk  <b>Lunch:</b> Beefaroni, Mix Vegetables, Fruit	<b>Breakfast:</b> Breakfast Bar, Fruit Milk  <b>Lunch:</b> Pizza, Salad w/ dressing Fruit

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.**