



Metro Café

April



Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Inservice (No School) 1	WOW: Grace 2 Turkey Sandwich on whole wheat bun Lettuce & Tomato Seasonal Fruit	3 Chicken Stir Fry Brown Rice Mixed Veggies Seasonal Fruit	4 Ground Beef w/ Black Beans Brown Rice Fresh Veggie Sticks Seasonal Fruit	5 Grilled Chicken Alfredo Steamed Broccoli Seasonal Fruit
WOW: Compassion 8 Chicken Salad on whole wheat bun Fresh Veggie Sticks Seasonal Fruit	9 Italian Chicken Sausages Brown Rice Roasted Bell Peppers Seasonal Fruit	10 Hoison Chicken Brown Rice Sauteed Corn Seasonal Fruit	11 Marinara Meatballs w/ Pasta Steamed Zucchini Seasonal Fruit	12 Roasted Chicken Quinoa Kale Salad Seasonal Fruit
WOW: Considerate 15 Ham Sandwich on whole wheat bun Fresh Veggie Sticks Seasonal Fruit	16 Chickpea Patty Brown Rice Tomato Salad Seasonal Fruit	17 Pork Gisantes Brown Rice Peas Seasonal Fruit	18 Fish Sticks w/ Marinara Pasta Green Beans Seasonal Fruit	19 Italian Seasoned Beef Quinoa Steamed Beets Seasonal Fruit
WOW: Discernment 22 Tuna Salad on whole wheat bun Fresh Veggie Sticks Seasonal Fruit	23 Shoyu Chicken Brown Rice Steamed Cauliflower Seasonal Fruit	24 Beef Stir Fry Brown Rice Mixed Veggies Seasonal Fruit	25 Vegetable Lasagna Mixed Veggies Seasonal Fruit	26 Herbed Chicken Quinoa Roasted Squash Seasonal Fruit
WOW: Courageous 29 Chicken Salad on whole wheat bun Fresh Veggie Sticks Seasonal Fruit	30 Fried Tofu Brown Rice Sweet Potato Salad Seasonal Fruit			

** Menu subject to change without notice