



Metro Café



September



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day (No School)</p>	<p>3</p> <p>WOW: Responsibility</p> <p>Turkey & Hummus Sandwich Lettuce & Tomato Seasonal Fruit</p>	<p>4</p> <p>Beef & Bean Chili Brown Rice Tomato Salad Seasonal Fruit</p>	<p>5</p> <p>Shoyu Glazed Meatballs Brown Rice Steamed Broccoli & Carrots Seasonal Fruit</p>	<p>6</p> <p>Filet o' Fish Hawaiian Sweet Roll French Fries Seasonal Fruit</p>
<p>9</p> <p>WOW: Obedient</p> <p>Chicken & Broccoli Brown Rice Fresh Veggie Sticks Seasonal Fruit</p>	<p>10</p> <p>Beef Bolognese Whole Wheat Pasta Green Salad Seasonal Fruit</p>	<p>11</p> <p>Turkey & Cheese Sandwich Fresh Veggie Sticks Seasonal Fruit</p>	<p>12</p> <p>Tofu Power Bowl Brown Rice Carrots Seasonal Fruit</p>	<p>13</p> <p>Veggie Lasagna Mixed Greens Seasonal Fruit</p>
<p>16</p> <p>WOW: Prepared</p> <p>Chicken Salad Sandwich Green Salad Seasonal Fruit</p>	<p>17</p> <p>Roasted Chicken Quinoa Roasted Squash Seasonal Fruit</p>	<p>18</p> <p>Cheese Ravioli Tomato Sauce Seasonal Fruit</p>	<p>19</p> <p>Fried Tofu Brown Rice Sweet Potatoes Seasonal Fruit</p>	<p>20</p> <p>Ham Sandwich Whole Wheat Bread Carrots & Celery Seasonal Fruit</p>
<p>23</p> <p>WOW: Peace</p> <p>Fish Sticks w/ Lemon Sauce Pasta Green Salad Seasonal Fruit</p>	<p>24</p> <p>Taco Seasoned Beef Brown Rice Corn & Bean Salad Seasonal Fruit</p>	<p>25</p> <p>Italian Chicken Pasta Fresh Veggie Sticks Seasonal Fruit</p>	<p>26</p> <p>Parent- Teacher Conferences (No School)</p>	<p>27</p> <p>Parent- Teacher Conferences (No School)</p>
<p>30</p> <p>WOW: Kindness</p> <p>Chicken Deluxe Burger Fresh Veggie Sticks Seasonal Fruit</p>				

** Menu subject to change without notice