## Metro Café Metro Café Metro Café Metro Café

Monday	Tuesday	Wednesday	Thursday	Friday
		Happy New Year	Winter Break Dec 18- Jan. 6 (No School)	3
6 Teacher Inservice (No School)	WOW: Kuleana 7 Shoyu Chicken Brown Rice Corn Seasonal Fruit	8 Beef Bolognese Peas Seasonal Fruit	q Taco Casserole Tortilla Corn Seasonal Fruit	10 Chicken Nuggets Whole Wheat Bread Fresh Veggie Sticks Seasonal Fruit
WOW: Obedient  Ham & Cheese Sandwich Fresh Veggie Sticks Seasonal Fruit	14 Beef Broccoli Brown Rice Seasonal Fruit	15 Chicken Marinara Steamed Squash Seasonal Fruit	Pork Gisantes Brown Rice Tomatoes Seasonal Fruit	I7 Fish Sticks Whole Wheat Bread Mixed Veggies Seasonal Fruit
20 Martin Luther King Jr. Day (No School)	WOW: Self-Control  Chicken Salad Sandwich Fresh Veggie Sticks Seasonal Fruit	22 Hoison Meatballs Brown Rice Steamed Broccoli Seasonal Fruit	23 Beef Chili Pasta Steamed Squash Seasonal Fruit	24 Mushroom Chicken Brown Rice Tomatoes Seasonal Fruit
WOW: Gentleness 27 Roast Beef Sandwich Fresh Veggie Sticks Seasonal Fruit	28 Pork Quesadilla Steamed Broccoli Seasonal Fruit	29 Chicken Alfredo Steamed Squash Seasonal Fruit	30 Cheese Dippers w/ Tomato Soup Seasonal Fruit	Asia Daylll 31 Chicken Pasta Salad Mixed Veggies Seasonal Fruit

<sup>\*\*</sup> Menu subject to change without notice