



# Metro Café

## April



| Monday                                                                                                | Tuesday                                                                                            | Wednesday                                                        | Thursday                                                                | Friday                                                             |
|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>WOW:</b><br>Turkey Sandwich on Whole Wheat Bun<br>Lettuce & Tomato<br>Grapes                       | 1<br>Turkey Sandwich on Whole Wheat Bun<br>Lettuce & Tomato<br>Grapes                              | 2<br>Chicken Stir Fry<br>Brown Rice<br>Mixed Veggies<br>Oranges  | 3<br>Beef & Black Bean Chili<br>Brown Rice<br>Steamed Carrots<br>Banana | 4<br>Grilled Chicken<br>Pasta Alfredo<br>Steamed Broccoli<br>Apple |
| 7<br><b>WOW: Grace</b><br>Chicken Salad Sandwich on Whole Wheat Bread<br>Veggie Sticks<br>Melon       | 8<br>Italian Chicken Sausages<br>Brown Rice<br>Roasted Peppers<br>Pineapple                        | 9<br>Hoisin Chicken<br>Brown Rice<br>Sautéed Corn<br>Watermelon  | 10<br>Meatball Marinara Pasta<br>Roasted Zucchini<br>Apple Sauce        | 11<br>Roasted Chicken<br>Quinoa<br>Kale Salad<br>Banana            |
| 14<br><b>WOW: Faithfulness</b><br>Ham Sandwich on Whole Wheat Bun<br>Carrots & Celery Sticks<br>Melon | 15<br>Black Bean Patties<br>Brown Rice<br>Tomato Salad<br>Grapes                                   | 16<br>Pork Gisantos<br>Brown Rice<br>Peas<br>Apple               | 17<br>Fish Sticks<br>Pasta Marinara<br>Steamed Beets<br>Pineapple       | 18<br>                                                             |
| 21<br><b>Teacher Inservice (No School)</b>                                                            | 22<br><b>WOW: Discernment</b><br>Shoyu Chicken<br>Brown Rice<br>Sautéed Cauliflower<br>Apple Sauce | 23<br>Beef Stir Fry<br>Brown Rice<br>Mixed Veggies<br>Banana     | 24<br>Vegetable Lasagna<br>Pasta<br>Mixed Veggies<br>Watermelon         | 25<br>Herbed Chicken<br>Quinoa<br>Roasted Squash<br>Grapes         |
| 28<br><b>WOW: Compassion</b><br>Chicken Salad Sandwich on Whole Wheat Bun<br>Veggie Sticks<br>Melon   | 29<br>Fried Tofu<br>Brown Rice<br>Sweet Potato Salad<br>Melon                                      | 30<br>Chicken Tenders<br>Cheese Ravioli<br>Tomato Sauce<br>Apple |                                                                         |                                                                    |

\*\* Menu subject to change without notice