



# Hungry Wolf Café

## October 2023

 <b>Magnificent MONDAY</b>	 <b>Taco TUESDAY</b>	 <b>Worldly WEDNESDAY</b>	 <b>Thankful THURSDAY</b>
<b>2</b> <b>BBQ Chicken Drumettes</b> Mashed Cauliflower Lemony Green Beans Seasonal Fruit	<b>3</b> <b>Chicken Street Tacos</b> Black Beans Roasted Corn Blend Guacamole and Salsa Seasonal Fruit	<b>4</b> <b>No Lunch Service</b>	<b>5</b> <b>No Lunch Service</b>
<b>9</b> <b>No School</b> <b>Fall Break Enjoy</b>	<b>10</b> <b>No School</b> <b>Fall Break Enjoy</b>	<b>11</b> <b>Teriyaki Chicken</b> Carrots, Snap Peas, Fried Brown Rice & Fortune Cookie Fresh Fruit	<b>12</b> <b>Cheese Pizza</b> Antipasto Salad Baked Apples Celery Sticks w Ranch
<b>16</b> <b>Cheese Tortellini w/ Marinara Sauce (no Meat)</b> Spinach and Romaine Salad Garlic Bread Fresh Fruit	<b>17</b> <b>Shredded Beef and Bean Tostada</b> Pico de Gallo & Crunchy Romaine Cilantro Rice Fresh Fruit	<b>18</b> <b>Greek Chicken Pita Pocket</b> Hummus Cucumber and Tomato Salad Fresh Fruit	<b>19</b> <b>**Breakfast For Lunch**</b> Turkey, egg, and cheese burrito Santa Fe Breakfast Potato Fresh Fruit
<b>23</b> <b>Veggie Burger</b> (w/ Lettuce & Tomato) Mac and Cheese Fresh Fruit	<b>24</b> <b>Carnitas Burrito with Fajita Veggies and Rice</b> Refried Beans w Cheese Fresh Fruit	<b>25</b> <b>Open Face Turkey Meatloaf Mashed Sweet Potato</b> Sauteed Cabbage Fresh Fruit	<b>26</b> <b>Grilled Cheese &amp; Tomato Soup</b> Caesar Salad Goldfish Dippers Fresh Fruit
<b>30</b> <b>Herbed Chicken and Egg Noodle Casserole</b> Mixed Veggies Orange Smiles	<b>31</b> <b>Hearty Beef Stew</b> Corn bread Pumpkin Choc Chip Surprise Fresh Fruit	<b>1</b> <b>Spaghetti Marinara (Meat)</b> Roasted Yellow Squash w Red Pepper Garlic Knots Fresh Fruit	<b>2</b> <b>Burger Day</b> Potato Wedges Lettuce, Tomato and Pickle Garnish Fresh Fruit

October is Farm to School Month! SFX values our local farmers.

Check out the Hungry Wolf Café Instagram page @sfx\_hungrywolfcafe to see the items on this month's menu that come from local farms.