







Hungry Wolf Café



September 2023

|  Magnificent MONDAY |  Taco TUESDAY |  Worldly WEDNESDAY |  Thankful THURSDAY |
|---|---|--|---|
| 4 Labor Day No School | 5 Bean and Beefy Nachos Sour Cream and Salsa Crunchy Romaine and Diced Tomato Red and Green Apple Slices | 6 Chicken Stir Fry Lo-Mien Noodles Veggie Spring Rolls Fortune Cookie Orange Smiles | 7 Cheese Pizza Greek Salad *Carrot and Celery Sticks w House Ranch Seasonal Fruit |
| 11 Citrus Glazed Salmon Wild Rice Roasted Brussel Sprouts w Sundried Tomato Peach Crisp | 12 Cheese Quesadilla Spanish Veggie Rice Some Burros Churro Mixed grapes | 13 Chicken Fettuccine Alfredo *Glazed Baby Carrot Garlic Roll Seasonal Fruit | 14 Cheeseburger Lettuce, Tomato and Pickle Green Beans Sweet Potato Tots Seasonal Fruit |
| 18 Grilled Ham and Cheese Roasted Chickpeas and Edamame Seasonal Fruit | 19 Chicken Tostada House-made Salsa. Crunchy Romaine and Tomato Orange Slices | 20 Stuffed Shells (no meat) W/Marinara Sauce Roasted Cauliflower and Carrot* Garlic Toast Seasonal Fruit | 21 Turkey Club Sub Smoked Turkey and Bacon Avocado Spread Baked Lays Celery Sticks w Sunflower Butter Red Apple Slices |
| 25 Breakfast For Lunch Maple Sausage, Egg and Cheese Sandwich on English Muffin Home Fries Fresh Fruit | 26 Carnitas Street Tacos Refried Beans Cilantro Rice Guacamole/Salsa Seasonal Fruit | 27 Chicken Parmesan Over wheat pasta Garlic Toast Organic Greens Seasonal Fruit | 28 Crispy Baked Cod Potato Wedges *Carrot and Cabbage Slaw Hawaiian Roll Orange Smiles and Grapes |

Our featured seasonal item for the month is: *CARROTS! Check the menu and salad bar for carrots served in a variety of fun ways.

Follow us on Instagram @sfx_hungrywolfcafe

menu is subject to change based on availability