

Fresh or steamed vegetables served daily.  
 Fresh or canned fruit served daily.  
 1% white milk served with meals.

# OCTOBER 2022

## LITTLE RAMS LEARNING CENTER

FCSD #2 is an equal opportunity provider

### Monday

3

**Breakfast**

French Toast

**Lunch**

BBQ Chicken Wings  
 Roasted Red Potatoes  
 Pizza

### Tuesday

4

**Breakfast**

Egg and Cheese on W/G Biscuit

**Lunch**

W/G Chicken Egg Roll  
 W/G Rice  
 Hamburger on W/G Roll  
 Seasoned Fries

### Wednesday

5

**Breakfast**

Waffles

**Lunch**

Grilled Cheese & Tomato Soup  
 Turkey & Ham Deli Sub

### Thursday

6

**Breakfast**

Pancakes

**Lunch**

Spaghetti & Meatballs  
 W/G Bread Sticks  
 Tossed Salad  
 Chicken Nuggets

### Friday

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

**Breakfast**

Breakfast Burrito

**Lunch**

Sweet and Sour Chicken  
 W/G Rice  
 Pepperoni Pizza Sticks

**Breakfast**

Yogurt Parfait

**Lunch**

Cheesy Tater Casserole  
 Chicken Patty on W/G Bun

**Breakfast**

W/G Biscuits & Gravy

**Lunch**

Chili  
 Corn Bread  
 Chicken Club

**Breakfast**

Cheesy Omelet & Hash browns

**Lunch**

Chicken Parmesan  
 Stacked Turkey Sandwich

**Breakfast**

French Toast

**Lunch**

Teriyaki Chicken  
 W/G Rice  
 Pizza

**Breakfast**

Egg and Cheese on W/G Biscuit

**Lunch**

Chicken Fajitas  
 Refried Beans  
 Hamburger on W/G Bun  
 Seasoned Fries

**Breakfast**

Waffles

**Lunch**

Grilled Cheese & Tomato Soup  
 Turkey & Ham Deli Sub

**Breakfast**

Pancakes

**Lunch**

Pasta Marinara & Meatballs  
 W/G Bread Sticks  
 Tossed Salad  
 Chicken Nuggets

**Breakfast**

Breakfast Burrito

**Lunch**

Country Fried Steak  
 Mashed Potatoes & Gravy  
 Cheese Sticks

**Breakfast**

Yogurt Parfait

**Lunch**

Beef Taco  
 Refried Beans  
 Chicken Patty on W/G Bun

**Breakfast**

W/G Biscuits & Gravy

**Lunch**

Mac & Cheese  
 Chicken Club

**Breakfast**

Cheesy Omelet & Hash browns

**Lunch**

Chicken Pot Pie  
 Stacked Turkey Sandwich  
 Tossed Salad

**Breakfast**

French Toast

**Lunch**

BBQ Chicken Wings  
 Roasted Red Potatoes  
 Pizza

### Caramel Apple Dip

1 8-ounce block cream cheese softened  
 ½ cup brown sugar  
 1 tsp vanilla



Combine in mixer until smooth. Chill and serve with sliced apples.