

January 2020

LUNCH & SNACK MENU



Child Development Center
Hyde Park Baptist Church

	GF – Gluten Free	DF – Dairy Free	V – Vegetarian	E – Egg
		1 HAPPY NEW YEAR!!	2 Spinach & Cheese Egg Bake – V, E Chicken Sliders -V Mac & Cheese - V Carrots – V, GF, DF Apples– V, GF, DF Zucchini & Ranch – V	3 Cranberry Muffin – V Cheese tortellini with Marinara - V Bread Sticks– V Caesar Salad – V Peas – V, GF, DF Mixed Fruit – V, GF, DF
6 Cheerios – V Hamburger Sliders Sweet Potato Fries – V, GF, DF Carrots– V, GF, DF Apples– V, GF, DF Ham & Cheese Roll ups	7 Vanilla Yogurt– V Chicken Tacos Refried Beans – V, GF, DF Spanish Rice – V, GF, DF Pineapple – V, GF, DF Sun Better & Jelly Sand– V	8 Banana – V Warm cheese and turkey sandwiches Green Beans– V, GF, DF Melon – V, GF, DF Applesauce– V, GF, DF	9 Egg Bake– V Spaghetti & Meatballs Garlic Bread - V Broccoli – V, GF, DF Pears – V, GF, DF Carrot Sticks & Ranch – V	10 Blueberry Muffin – V Cheese Pizza -V, E Carrots– V, GF, DF Fruit – V, GF, DF Pears– V, GF, DF
13 Rice Chex – V Grilled Cheese w/ Chicken Noodle Soup Carrots– V, GF, DF Apples – V, GF, DF Turkey & Cheese Roll ups	14 Strawberry Yogurt – V Beef Tacos Black Bean – V, GF, DF Corn – V, GF, DF Pineapple – V, GF, DF Sun Butter & Jelly - V	15 Banana – V Chicken & Rice Casserole Broccoli/Cauliflower– V, GF, DF Melon– V, GF, DF Banana Oatmeal cookies	16. Vegetable Egg Bake – V Beef Lasagna, Garlic Bread - V Broccoli – V, GF, DF Pears – V, GF, DF Zucchini & Ranch – V	17 Oatmeal Muffin – V, DF Roast Pork - DF Mashed Potatoes Green Beans – V, GF, DF Fruit – V, GF, DF Pears – V, GF, DF
20 MARTIN LUTHER KING DAY!!!	21 Blueberry Yogurt – V Bean & Corn Quesadilla Carrots – V, GF, DF Spanish Rice – V, GF, DF Pineapple – V, GF, DF Mini Bagels & Cream Cheese	22 Banana – V, GF, DF Swedish Meatballs Buttered Noodles Green Beans – V, GF, DF Melon – V, GF, DF Applesauce – V, GF, DF	23 Egg Bake – V Turkey Shepherds pie Carrots – V, GF, DF Fruit – V, GF, DF Pita & Hummus – V	24 Cranberry Muffin – V Cheese Pizza Carrots – V, GF, DF Fruit – V, GF, DF Pears – V, GF, DF
27 Cherrios – V Beef Chili Roasted Veggies – V, GF, DF Corn Bread Apples – V, GF, DF Ham & Cheese roll ups	28 Mango Yogurt – V Turkey Tacos Refried Beans– V, GF Spanish Rice – V, GF, DF Pineapple – V, GF, DF Sun Butter & Jelly– V,	29 Banana – V, GF, DF Fish Sticks Roasted Broccoli V, GF, Mac & Cheese Melon – V, GF, DF Applesauce – V, GF, DF	30 Veggie Egg Bake V King Ranch Beans – V, GF, DF Salad – V, GF, DF Fruit – V, GF, DF Carrot Sticks & Ranch	31 Blueberry Muffin V Hamburger Sliders Sweet Potato Fries – V Corn – V, GF, DF Fruit – V, GF, DF Pears – V, GF, DF

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