

November 2019  
LUNCH & SNACK MENU



Child Development Center  
Hyde Park Baptist Church

**GF – Gluten Free      DF – Dairy Free      V – Vegetarian      E – Egg**

				1 Blueberry Muffin  Cheese Pizza <b>V</b> Green Beans <b>GF,V,DF</b> Mixed Fruit <b>GF,V,DF</b>  Mandarin Oranges <b>GF,V,DF</b>
4 Special K Red Berry <b>-DF</b>  Shepard's Pie Apples <b>-GF, DF, V</b>  Ham & Cheese roll ups <b>-GF</b>	5 Strawberry Yogurt <b>-GF, V</b>  Turkey Tacos <b>-V, DF</b> Cucumber/Avocado Salad <b>-GF, V,DF</b> Green Beans <b>GF, V,DF</b> Oranges <b>GF, V,DF</b>  Zucchini and Cream Cheese	6 Banana  Spaghetti w/ marinara <b>V, DF</b> Garlic Bread Sticks <b>V</b> Corn <b>GF,V,DF</b> Melon <b>GF,V,DF</b>  Pears <b>GF,V,DF</b>	7 Corn Bread/Sausage Egg Bake  Chicken Fingers Mashed Potatoes <b>V</b> Roasted Broccoli <b>GF,V,DF</b> Pineapple <b>GF,V,DF</b>  Applesauce <b>GF,V,DF</b>	8 Cranberry Muffin <b>V</b>  Pulled Pork Sliders Coleslaw <b>GF,V,DF</b> Beans <b>GF,V,DF</b> Mixed Fruit <b>GF,V,DF</b>  Pita chips and hummus <b>V</b>
11 Cheerios  Turkey Chili Chopped Salad <b>GF,V,DF</b> Cornbread Apples <b>GF,V,DF</b>  Turkey & Cheese Roll ups	12 Blueberry Yogurt  Taco Pie Carrots <b>GF,V,DF</b> Black Beans Pineapple <b>GF,V,DF</b>  Mini Bagels & Cream Cheese <b>V</b>	13 Banana  Tortellini w/ Basil /Kale Pesto <b>V</b> Garlic Bread Sticks <b>V</b> Peas <b>GF,V,DF</b>  Peaches <b>GF,V,DF</b>	14 Vegetable Egg Bake  Grilled Cheese Sandwich Tomato Soup <b>V</b> Cucumber/Tomato Salad <b>GF,V,DF</b> Pineapple <b>GF,V,DF</b>  Mandarin Oranges <b>GF,V,DF</b>	15 Banana Muffin <b>V</b>  Cheese Pizza <b>V</b> Corn <b>GF,V,DF</b> Garden Salad <b>GF,V, w/ Ranch</b> Mixed Fruit <b>GF,V,DF</b>  Apples <b>GF,V,DF</b>
18 Rice Chex  Tuna Casserole Peas <b>GF,V,DF</b> Apples <b>GF,V,DF</b>  Celery with Ranch <b>V</b>	19 Banana Yogurt  Bean/ Cheese/Corn Quesadilla Corn <b>GF,V,DF</b> Spanish Rice Peaches <b>GF,V,DF</b>  Sun Butter & Jelly Sandwiches <b>V</b>	20 Banana  Fish Sticks Mac & Cheese Broccoli <b>GF,V,DF</b> Pears <b>GF,V,DF</b>  Cottage Cheese & Peaches <b>V</b>	21 Egg Bake  Salisbury Steak Buttered Noodles <b>V,DF</b> Corn <b>GF,V,DF</b> Pineapple <b>GF,V,DF</b>  Applesauce <b>GF,V,DF</b>	22 Oat Muffin <b>V</b>  Chicken Nuggets <b>V</b> Sweet Pot Fries <b>V</b> Green Beans <b>GF,V,DF</b> Mixed Fruit <b>GF,V,DF</b>  Ham & Cheese Roll ups
25 Rice Crispies  Baked Chicken Roasted Potatoes <b>V, DF</b> Carrots <b>GF,V,DF</b> Apples <b>GF,V,DF</b>  Mandarin Oranges <b>GF,V,DF</b>	26 Mango Yogurt  Enchiladas Black Bean <b>GF,V,DF</b> Spanish Rice <b>V, DF</b> Pears <b>GF,V,DF</b>  Carrots & Ranch	27 Thanksgiving Break	28 Thanksgiving Break	29 Thanksgiving Break