



December 2019  
LUNCH & SNACK MENU



Child Development Center  
Hyde Park Baptist Church

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

<p>2 Rice Chex <b>DF, V</b></p> <p>Hamburger Sliders Sweet Potato Fries <b>DF, V</b> Carrots <b>GF,DF,V</b> Apples <b>GF,DF,V</b></p> <p>Turkey &amp; Cheese roll ups <b>GF, V</b></p>	<p>3 Vanilla Yogurt <b>GF, V</b></p> <p>Chicken Tacos Refried Beans <b>DF, V</b> Rice, <b>V</b> Corn, <b>GF, DF, V</b> Peaches <b>GF,DF,V</b></p> <p>Sun Butter &amp; Jelly <b>V</b></p>	<p>4 Banana</p> <p>Cheese Tortellini w/ marinara <b>DF, V</b> Garlic Breadstick <b>V</b> Peas <b>GF,DF,V</b> Melon <b>GF,DF,V</b></p> <p>Applesauce <b>GF,DF,V</b></p>	<p>5 Cheese Egg Bake</p> <p>Swedish Meatballs Buttered Noodles <b>V</b> Green Beans <b>GF,DF,V</b> Pears <b>GF,DF,V</b></p> <p>Carrot Sticks and Ranch <b>GF,DF,V</b></p>	<p>6 <b>Blueberry Muffins</b></p> <p>Cheese Pizza Carrots <b>GF,DF,V</b> Fruit <b>GF,DF,V</b></p> <p>Pears <b>GF,DF,V</b></p>
<p>9 Cheerios</p> <p>Shepard's Pie Mixed Veggies <b>GF,DF,V</b> Apples <b>GF,DF,V</b></p> <p>Ham &amp; Cheese roll ups</p>	<p>10 Strawberry Yogurt</p> <p>Beef Tacos Corn <b>GF,DF,V</b> Rice Cucumber Salad <b>GF,DF,V</b> Peaches <b>GF,DF,V</b></p> <p>Sun Butter &amp; Jelly <b>V</b></p>	<p>11 Banana</p> <p>Tortellini w/ tomato &amp; Parmesan Garlic Breadsticks Peas <b>GF,DF,V</b> Melon <b>GF,DF,V</b></p> <p>Applesauce <b>GF,DF,V</b></p>	<p>12 Vegetable Egg Bake</p> <p>Baked Chicken Roasted Potatoes <b>GF,DF,V</b> Green Bean <b>GF,DF,V</b> Pears <b>GF,DF,V</b></p> <p>Zucchini w/ Ranch</p>	<p>13 <b>Cranberry Muffins</b></p> <p>Turkey Tetrazzini Carrots <b>GF,DF,V</b> Fruit <b>GF,DF,V</b></p> <p>Pears <b>GF,DF,V</b></p>
<p>16 Rice Chex</p> <p>Chicken Sliders Mac &amp; Cheese Carrots <b>GF,DF,V</b> Apples <b>GF,DF,V</b></p> <p>Turkey &amp; Cheese roll ups</p>	<p>17 Blueberry Yogurt</p> <p>Taco Pie Corn <b>GF,DF,V</b> Rice Refried Beans</p> <p>Sun Butter &amp; Jelly <b>V</b></p>	<p>18 Banana</p> <p>Spaghetti w/ Marinara Garlic Bread Sticks Peas <b>GF,DF,V</b> Melon <b>GF,DF,V</b></p> <p>Applesauce <b>GF,DF,V</b></p>	<p>19 Egg Bake</p> <p>Fish Sticks Mac &amp; Cheese Green Beans <b>GF,DF,V</b> Pears <b>GF,DF,V</b></p> <p>Carrot stick w/ Ranch</p>	<p>20 Oat Muffins</p> <p>Cheese Pizza Carrots <b>GF,DF,V</b> Fruit <b>GF,DF,V</b></p> <p>Peaches <b>GF,DF,V</b></p>
<p>23</p> <p>Happy Holidays</p>	<p>24</p> <p>Happy Holidays</p>	<p>25</p> <p>Happy Holidays</p> 	<p>26</p> <p>Happy Holidays</p>	<p>27</p> <p>Happy Holidays</p>
<p>30</p> <p>HAPPY NEW YEAR</p>				

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