

JANUARY 2019

LUNCH & SNACK MENU



Child Development Center
Hyde Park Baptist Church

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

	1 CDC Closed Happy New Year's	2 WW Cheerios Hamburger Sliders Sweet Potato Fries GF DF V Steamed Corn Melon Pears & Cheddar	3 Yogurt Chicken Strips Mashed Potatoes Peas & Carrots Pineapple Turkey & Cheese Rollup GF	4 Ham & Egg Bake E Cheese Pizza V Roasted Cauliflower GF DF V Mixed Fruit SunButter Sandwiches
7 WW Fruit Bar Baked Breaded Chicken Tenders Sweet Potato Fries Steamed Carrots Apples Strawberry Yogurt	8 Banana Bean & Cheese Tacos Roasted Zucchini GF DF V Spanish Rice Mandarin Oranges Veggie Straws w/ Cream Cheese Dip	9 Blueberry Muffin Beef Lasagna Green Beans GF DF V WW Roll Melon Berries & String Cheese	10 WW Cheerios Cheese Tortellini w/ Marinara Garlic Bread Stick Broccoli Pineapple Zucchini Coins w/ Ranch Dip	11 Egg Bake GF E Fish Sticks Macaroni & Cheese Green Beans GF DF V Mixed Fruit Ham & Cheese Rollup
14 Rice Chex Shepard's Pie Cornbread GF DF V Apples Pears	15 Banana Cheese Quesadilla Pinto Beans Steamed Corn GF DF V Mandarin Oranges Mini Bagels & Cream Cheese	16 Apple Cinnamon Muffin Baked Chicken GF DF Roasted Zucchini GF DF V Black Beans Melon Apples & Cheddar	17 Peach Yogurt Beef Spaghetti Green Beans GF DF V Garlic Breadstick Pineapple Carrot Sticks w/ Ranch Dip	18 Cheese & Egg Bake GF E Cheese Pizza V Roasted Broccoli GF DF V Mixed Fruit Peaches
21 CDC Closed MLK Holiday	22 Banana Beef Tacos Steamed Corn Roasted Zucchini Mandarin Oranges Applesauce	23 Lemon Berry Muffin Baked Turkey Breast Mashed Cauliflower Steamed Carrots Melon SunButter Sandwiches	24 WW Fruit Bar Pulled Pork Sliders Sweet Potato Fries Green Beans Pineapple Turkey & Cheese Rollup	25 Sausage Egg Bake E Baked Chicken GF DF Mashed Potatoes Roasted Broccoli GF DF V Mixed Fruit Veggie Straws w/Bean Dip
28 WW Fruit Bar Salisbury Steak DF Mashed Potatoes Peas Apples Rice Chex & Berries	29 Banana Fish Sticks Green Beans Macaroni & Cheese Mandarin Oranges Ham & Cheese Rollup GF	30 Blackberry Muffin BBQ Baked Chicken GF DF Ranch Style Beans Corn Bread GF DF V Melon Pirate Booty/Corn Puffs GF V	31 Rice Chex Asian Meatballs DF Sesame Noodles Roasted Broccoli GF DF V Pineapple Pears	