

October 2019
LUNCH & SNACK MENU



Child Development Center
Hyde Park Baptist Church

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

	<p>1 Blueberry Yogurt</p> <p>Turkey Tacos – DF Black Bean – GF, DF, V Corn – GF, DF, V Apples – GF, DF, V</p> <p>Ham & American Cheese Roll-ups - V</p>	<p>2 Banana – GF, DF, V</p> <p>Cheese Tortellini w/ marinara Garlic Bread Sticks -V Peas – GF, DF, V Melon – GF, DF, V</p> <p>Zucchini w/ veg Cream Cheese Dip - V</p>	<p>3 Ham & Cheese egg Bake</p> <p>Shepard's Pie - V Roasted zucchini & Squash - DF, GF, V Mandarin Oranges – DF, GF, V</p> <p>Pineapple – GF, V, DF</p>	<p>4 Blueberry Muffins – V, GF</p> <p>Cheese Pizza - V Green Beans – GF, DF, V Mixed Fruit – GF, DF, V</p> <p>Apples & String Cheese - V</p>
<p>7 Cheerios</p> <p>Roasted Chicken – V, GF Mac & Cheese – V, DF Corn – DF, GF, V Apples</p> <p>Turkey & Cheese roll ups</p>	<p>8 Vanilla Yogurt</p> <p>Taco Pie – GF, Carrots – GF, V, DF Black Beans – GF, V, DF Pineapple – GF, V, DF</p> <p>Mini Bagels and Vegi cream cheese - V</p>	<p>9 Banana – GF, DF, V</p> <p>Spaghetti – V, DF Peas GF, DF, V Garlic Bread - V Melon – GF, DF, V</p> <p>Sun Butter Grape Jelly Sandwich -V,</p>	<p>10 Turkey & cheese Egg Bake - GF</p> <p>Fish sticks Roasted Broccoli – GF, DF Mashed Potatoes -V Oranges – GF, DF, V</p> <p>Applesauce – GF, DF, V</p>	<p>11 Oatmeal Muffins – V, GF</p> <p>Hamburger Sliders – GF Sweet Potato Fries – GF, DF Green Beans – GF, DF, V Mixed Fruit -GF, DF, V</p> <p>Veggie Straws with Cream Cheese - V</p>
<p>14 Rice Chex</p> <p>Chicken Nuggets – V Mashed Potatoes – V Carrots – GF, DF, V Apples – GF, DF, V</p> <p>Pears</p>	<p>15 Mango Yogurt – GF, V</p> <p>Cheese Quesadilla - V Refried Beans – GF, DF, V Spanish Rice Apples – GF, DF, V</p> <p>Peaches</p>	<p>16 Banana – GF, DF, V</p> <p>Pork Stir Fry – GF, DF Chicken Egg Rolls – Rice – DF, V Mandarin Oranges -GF, DF, V</p> <p>Banana Oatmeal Cookie</p>	<p>17 Cheese Egg Bake -V, GF</p> <p>Chicken & Rice Casserole Broccoli/Cauliflower – GF, V, DF Pineapple – GF, DF, V</p> <p>Applesauce</p>	<p>18 Banana Oat Muffins – V, GF</p> <p>Cheese Pizza -V Green Beans – GF, DF, V Mixed Fruit -- GF, DF, V</p> <p>Apple & String Cheese</p>
<p>21 Cheerios</p> <p>Chicken Sliders Carrots – GF, DF, V Sweet Potato Tots- GF, DF, V Apples – GF, DF, V</p> <p>Pears</p>	<p>22 Strawberry Yogurt – GF, V</p> <p>Chicken Tacos Cucumber Salad – DF, GF, V Spanish Rice – DF, V Pineapple- DF, GF, V</p> <p>Zucchini w/ Cream Cheese- GF, V</p>	<p>23 Banana - GF, DF, V</p> <p>Chili Mac Garlic Bread Sticks – V Green Beans -GF, DF, V Melon – GF, DF, V</p> <p>Sun Butter Grape Jelly Sandwich - V</p>	<p>24 Spinach Egg Bake – GF, V</p> <p>Beef Lasagna Garlic Bread Sticks -V Salad w/ Ranch Dressing- GF, DF, V Mand Orange -GF, DF, V</p> <p>Pineapple – GF, DF, V</p>	<p>25 Cranberry Muffins – V, DF</p> <p>Roast Pork – DF, GF Mashed Potatoes – V Green Beans – GF, DF, V Mixed fruit</p> <p>Ham & Cheese roll ups</p>
<p>28 Rice Chex</p> <p>Baked Chicken Roasted Potatoes - DF Carrots – GF, DF, V Apples – GF, DF, V</p> <p>Pears</p>	<p>29 Banana Yogurt – GF, V</p> <p>Beef Tacos Spanish Rice – DF, V Refried Beans – GF, DF, V Corn – GF, DF, V Melon – GF, DF, V</p> <p>Peaches</p>	<p>30 Bananas – GF, DF, V</p> <p>Ham & Noodles – DF Green Beans – DF, GF, V Melon – DF, GF, V</p> <p>Sun Butter Sandwich</p>	<p>31 Ham & cheese Egg Bake</p> <p>Turkey Tetrzzini Peas – GF, DF, V Apples – GF, DF, V</p> <p>Applesauce – DF, GF, V</p>	
