

July 2020
LUNCH & SNACK MENU



Child Development Center
Hyde Park Baptist Church

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

<p>*All Veggies in pm snacks infants – 2's will be steamed</p>		<p>1 Banana GF DF V</p> <p>Spaghetti & Meatballs Vegetable Medley GF DF V Melon</p> <p>Peaches & cottage cheese GF V</p>	<p>2 Pears GF DF V</p> <p>Terriyaki Chicken GF Fried Veggie Rice GF DF V Egg roll DF V E Pineapple GF DF V</p> <p>Cheesy Egg Bake E GF</p>	<p>3</p> <p>No School Happy 4th of July!</p>
<p>6 Rice Chex GF DF V</p> <p>Chicken Strips Mashed potatoes V Broccoli GF DF V Apples GF DF V</p> <p>Veggies with cream cheese dip GF V</p>	<p>7 Berry Cereal Bar DF V</p> <p>Beef Soft Tacos Rice GF DF V Refried Beans GF DF V Oranges GF DF V</p> <p>Hummus & pita DF V</p>	<p>8 Banana GF DF V</p> <p>Fish Sticks DF E Mac & Cheese E V Peas & carrots GF DF V Melon GF DF V</p> <p>Berries & cheese GF V</p>	<p>9 Applesauce GF DF V</p> <p>Chicken & Rice Casserole GF Cucumber & tomato salad GF DF V Pineapple GF DF V</p> <p>Veggie Egg Bake E GF</p>	<p>10 Blueberry yogurt Cake E</p> <p>Pulled pork sliders E DF Coleslaw GF DF V Mixed fruit GF DF V</p> <p>Toasted English Muffin w/ cheese</p>
<p>13 Cheerios GF DF V</p> <p>Swedish meatballs E Buttered noodles E V Roasted Broccoli GF DF V Apples GF V</p> <p>Sunbutter sammies DF V</p>	<p>14 Berry Yogurt GF V</p> <p>Turkey soft tacos Rice GF DF V Black Beans GF DF V Mandarin oranges GF DF V</p> <p>Mini Bagels & Cream Cheese V</p>	<p>15 Banana GF DF V</p> <p>Tortellini w/ Marinara sauce V E Garlic Bread Sticks V E Peas GF DF V Melon GF DF V</p> <p>Peaches & cottage cheese GF V</p>	<p>16 Pears GF DF V</p> <p>Grilled Chicken GF Brown Rice V Mixed veggies GF DF V Pineapple GF DF V</p> <p>Spinach Egg Bake E GF</p>	<p>17 Banana Muffin E</p> <p>Cheese Pizza Green Beans GF DF V Mixed Fruit GF DF V</p> <p>Soft Pretzels with hummus DF V E</p>
<p>20 Rice Chex GF DF V</p> <p>Turkey & Cheese sandwiches on WW bread Veggie straws GF DF V Apples GF DF V</p> <p>Celery w/sunbutter GF DF V</p>	<p>21 Berry Cereal Bar DF V</p> <p>Bean & Cheese Quesadilla V Corn GF DF V Spanish Rice GF DF V Oranges GF DF V</p> <p>Sweet potato bites with maple dip GF V</p>	<p>22 Banana GF DF V</p> <p>Bowtie pasta with tomatoes & Basil E V Zucchini & Squash GF DF V Melon GF DF V</p> <p>Berries & string cheese GF V</p>	<p>23 Applesauce GF DF V</p> <p>Baked Chicken GF DF Buttered Noodles V E Butternut Squash GF DF V Pineapple GF DF V</p> <p>Egg Bake E GF</p>	<p>24 Oat Muffin E</p> <p>Beef Empanadas DF Green Beans GF DF V Mixed Fruit GF DF V</p> <p>Turkey & Cheese Roll ups GF</p>
<p>27 Cheerios GF DF V</p> <p>Roasted Turkey GF DF Mashed Sweet Potatoes GF V Cornbread GF DF V Apples GF DF V</p> <p>Carrots with ranch GF DF V</p>	<p>28 Mango Yogurt</p> <p>Cheese Enchiladas GF V Black Bean GF DF V Spanish Rice GF DF V Oranges GF DF V</p> <p>Rice cakes w/Apple Cinnamon butter V</p>	<p>29 Banana GF DF V</p> <p>Baked Fish GF DF V Roast Potatoes GF DF V Roast Broccoli GF DF V Melon GF DF V</p> <p>Hammy Cheesy Bar E</p>	<p>30 Pears GF DF V</p> <p>Hamburger sliders w/ fixins Baked sweet potato tots GF DF V Black eyed peas GF DF V Pineapple GF DF V</p> <p>Veggie Egg Bake E GF</p>	<p>31 Strawberry Yogurt cake E</p> <p>Cheese Pizza Green Beans GF DF V Mixed Fruit GF DF V</p> <p>Veggie straws & Bean dip GF V</p>