








December 2020
LUNCH & SNACK MENU



Child Development Center
Hyde Park Baptist Church

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

<p>1 Berry Yogurt GF V</p> <p>Beef Soft Tacos DF Refried Beans GF DF V Spanish Rice GF DF V Oranges GF DF V</p> <p>Turkey & cheese roll up GF</p>	<p>2 Banana GF DF V</p> <p>Angel hair pasta with mozzarella, tomato, and basil DF V E Garlic breadstick V Carrots GF DF V Melon GF DF V</p> <p>Soft Pretzels with hummus DF V E</p>	<p>3 Applesauce GF DF V</p> <p>Baked Chicken strips DF E Mac & cheese E V Broccoli GF DF V Pineapple GF DF V</p> <p>Spinach Egg Bake E GF</p>	<p>4 Cranberry Muffin E</p> <p>Cheese Pizza Green Beans GF DF V Mixed Fruit GF DF V</p> <p>Veggie straws & Bean dip GF V</p>	
<p>7 Cheerios GF DF V</p> <p>Beef Chili GF DF Cornbread V E Green Beans GF DF V Apples GF DF V</p> <p>Cucumber & cheese Sammies V</p>	<p>8 Peaches</p> <p>Bean & Cheese Taco V Roasted corn GF DF V Rice GF DF V Mandarin oranges GF DF V</p> <p>Veggies with ranch GF V</p>	<p>9 Banana GF DF V</p> <p>Spaghetti & Meatballs Garlic Bread V Green Peas GF DF V Melon GF DF V</p> <p>Hummus & pita DF V</p>	<p>10 Pears GF DF V</p> <p>BBQ Chicken DF E Mashed cauliflower potatoes GF V Zucchini & Squash GF DF V Pineapple GF DF V</p> <p>Veggie Egg Bake E GF</p>	<p>11 Oatmeal Bars DF V</p> <p>Hot Turkey & Cheese Sandwich Veggie Soup GF DF V Mixed Fruit GF DF V</p> <p>Toasted English Muffin w/ cheese V</p>
<p>14 Rice Chex GF DF V</p> <p>Chicken & Rice GF Peas & Carrots GF DF V Apples GF DF V</p> <p>Veggies with cream cheese dip GF V</p>	<p>15 Smoothie Bowl GF V</p> <p>Turkey soft tacos DF Rice GF DF V Black Beans GF DF V Oranges DF</p> <p>Sunbutter & Celery sticks GF DF V</p>	<p>16 Banana GF DF V</p> <p>Fish Sticks DF E Mac & Cheese E V Zucchini & Squash GF DF V Melon GF DF V</p> <p>Berries & string cheese GF V</p>	<p>17 Applesauce GF DF V</p> <p>Swedish Meatballs E GF Buttered noodles E V Green Beans GF DF V pineapple GF V</p> <p>Cheesy Egg Bake E GF</p>	<p>18 Hammy Cheesy Bar E</p> <p>Cheese Pizza Chopped Salad GF DF V Mixed Fruit GF DF V</p> <p>Sunbutter sammies DF V</p>
<p>21 Cheerios GF DF V</p> <p>Lasagna E Garlic Breadstick Roasted Broccoli GF DF V Apples GF DF V</p> <p>Ham & Cheese Roll ups GF</p>	<p>22 Berry Cereal Bar DF V</p> <p>Chicken Quesadillas Rice GF DF V Refried Beans GF DF V Mandarin oranges GF DF V</p> <p>Mini Bagels & Cream Cheese V</p>	<p>23</p> <p>NO SCHOOL</p> 		<p>Merry Christmas</p> 
				<p>*All Veggies in pm snacks infants – 2's will be steamed</p> 