


November 2020  
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>GF DF V</b></p> <p>Chicken &amp; Dumplings <b>DF E</b> Peas &amp; Carrots <b>GF DF V</b> Apples <b>GF DF V</b></p> <p>Cucumber &amp; Cheese Sammies <b>V</b></p>	<p>3 Berry Yogurt <b>GF V</b></p> <p>Bean &amp; Cheese Quesadilla <b>V</b> Corn <b>GF DF V</b> Spanish Rice <b>GF DF V</b> Oranges <b>GF DF V</b></p> <p>Mini Bagels &amp; Cream Cheese <b>V</b></p>	<p>4 Banana <b>GF DF V</b></p> <p>Cheese Ravioli w/Meat Sauce <b>V E</b> Garlic Bread Sticks <b>V E</b> Broccoli <b>GF DF V</b> Melon <b>GF DF V</b></p> <p>Turkey &amp; Cheese Roll-ups <b>GF</b></p>	<p>5 Applesauce <b>GF DF V</b></p> <p>Baked Chicken Slider <b>GF DF E</b> French Fries <b>GF DF V</b> Butternut Squash <b>GF DF V</b> Pineapple <b>GF DF V</b></p> <p>Spinach Egg Bake <b>E GF</b></p>	<p>6 Cranberry Muffin <b>E</b></p> <p>Cheese Pizza Green Beans <b>GF DF V</b> Mixed Fruit <b>GF DF V</b></p> <p>Toasted English Muffin w/Cheese <b>V</b></p>
<p>9</p> <p><b>CDC Closed</b></p>	<p>10</p> <p><b>CDC Closed</b></p>	<p>11 Banana <b>GF DF V</b></p> <p>Grilled Cheese <b>V</b> Tomato Soup <b>GF DF V</b> Green Beans <b>GF DF V</b> Melon <b>GF DF V</b></p> <p>Hummus &amp; Pita <b>DF V</b></p>	<p>12 Pears <b>GF DF V</b></p> <p>Chicken Strips <b>DF E</b> Mashed Cauliflower Potatoes <b>GF V</b> Zucchini &amp; Squash <b>GF DF V</b> Pineapple <b>GF DF V</b></p> <p>Veggie Egg Bake <b>E GF</b></p>	<p>13 Blueberry Yogurt Cake <b>E</b></p> <p>Beef Sliders w/the Fixins' French Fries <b>GF DF V</b> Veggies <b>GF DF V</b> Mixed Fruit <b>GF DF V</b></p> <p>Veggie Straws &amp; Bean Dip <b>GF V</b></p>
<p>16 Rice Chex <b>GF DF V</b></p> <p>Beef Lasagna <b>E</b> Green Beans <b>GF DF V</b> Garlic Bread Apples <b>GF DF V</b></p> <p>Veggies w/Cream Cheese Dip <b>GF V</b></p>	<p>17 Smoothie Bowl <b>GF V</b></p> <p>Turkey Soft Tacos Rice <b>GF DF V</b> Black Beans <b>GF DF V</b> Mandarin Oranges <b>GF DF V</b></p> <p>Soft Pretzels w/Hummus <b>DF V E</b></p>	<p>18 Banana <b>GF DF V</b></p> <p>Fish Cakes <b>DF E</b> Roast Potatoes <b>GF DF V</b> Zucchini &amp; Squash <b>GF DF V</b> Melon <b>GF DF V</b></p> <p>Berries &amp; String Cheese <b>GF V</b></p>	<p>19 Applesauce <b>GF DF V</b></p> <p>Lemon Chicken <b>E GF</b> Buttered Noodles <b>E V</b> Spinach <b>GF DF V</b> Pineapple <b>GF V</b></p> <p>Cheesy Egg Bake <b>E GF</b></p>	<p>20 Apple Cinnamon Muffin <b>E</b></p> <p>Cheese Pizza Chopped Salad <b>GF DF V</b> Mixed Fruit <b>GF DF V</b></p> <p>Sunbutter Sammies <b>DF V</b></p>
<p>23 Cheerios <b>GF DF V</b></p> <p>Beef Shepherd's Pie <b>GF DF</b> (w/Mashed Potatoes, Peas &amp; Carrots) Apples <b>GF DF V</b></p> <p>Turkey &amp; Cheese Roll-ups <b>GF</b></p>	<p>24 Berry Cereal Bar <b>DF V</b></p> <p>Chicken Soft Tacos Rice <b>GF DF V</b> Refried Beans <b>GF DF V</b> Mandarin Oranges <b>GF DF V</b></p> <p>Sweet Potato Bites w/Maple Dip <b>GF V</b></p>	<p>25</p> <p><b>CDC Closed</b></p>	<p>26</p> 	<p>27</p> <p><b>CDC Closed</b></p>
<p>30 Rice Chex <b>GF DF V</b></p> <p>Turkey Pot Pie <b>DF E</b> Chopped Salad <b>GF DF V</b> Apples <b>GF DF V</b></p> <p>Veggies w/Ranch <b>GF DF V</b></p>				<p><b>*All Veggies in pm snacks infants – 2's will be steamed</b></p>