

October 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 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>2 Pumpkin Muffin E</p> <p>Beef Sliders with all the fixins' French Fries GF DF V Veggies GF DF V Mixed Fruit GF DF V</p> <p>Apricot power bars GF DF V</p>
<p>5 Rice Chex GF DF V</p> <p>Turkey Tetrizzini E Peas & Carrots GF DF V Apples GF DF V</p> <p>Veggies with cream cheese dip GF V</p>	<p>6 WW 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>7 Banana GF DF V</p> <p>Fish Sticks DF E Mac & Cheese E V Green Beans GF DF V Melon GF DF V</p> <p>Ham & cheese roll up GF V</p>	<p>8 Applesauce GF DF V</p> <p>Grilled Chicken GF Brown Rice V Mixed veggies GF DF V Pineapple GF DF V</p> <p>Veggie Egg Bake E GF</p>	<p>9 Blueberry yogurt Cake E</p> <p>Cheese Pizza Green Beans GF DF V Mixed Fruit GF DF V</p> <p>Toasted English Muffin w/ cheese V</p>
<p>12 Cheerios GF DF V</p> <p>Chicken & Rice Casserole GF Cucumber & tomato salad GF DF V Apples GF DF V</p> <p>Sunbutter sammies DF V</p>	<p>13 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>14 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>Pimento cheese & Crackers V</p>	<p>15 Pears GF DF V</p> <p>Swedish meatballs E Buttered noodles E V Roasted Broccoli GF DF V pineapple GF V</p> <p>Spinach Egg Bake E GF</p>	<p>16 Banana Muffin E</p> <p>Pulled pork sliders E DF Coleslaw GF DF V Baked sweet potato tots GF DF V Mixed fruit GF DF V</p> <p>Soft Pretzels with hummus DF V E</p>
<p>19 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>20 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>21 Banana GF DF V</p> <p>Spaghetti & Meatballs E Roasted Broccoli GF DF V Melon</p> <p>Berries & string cheese GF V</p>	<p>22 Applesauce GF DF V</p> <p>Baked Chicken slider GF DF E French Fries GF DF V Butternut Squash GF DF V Pineapple GF DF V</p> <p>Egg Bake E GF</p>	<p>23 Apple Cinnamon Muffin E</p> <p>Cheese Pizza Green Beans GF DF V Mixed Fruit GF DF V</p> <p>Turkey & Cheese Roll ups GF</p>
<p>26 Cheerios GF DF V</p> <p>Roasted Turkey GF DF Mashed Sweet Potatoes GF V Cornbread GF DF V E Apples GF DF V</p> <p>Veggies with ranch GF DF V</p>	<p>27 Smoothie Bowl GF V</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>28 Banana GF DF V</p> <p>Baked Fish GF DF V Roast Potatoes GF DF V Roasted Broccoli GF DF V Melon GF DF V</p> <p>Hammy Cheesy Bar E</p>	<p>29 Pears GF DF V</p> <p>Chicken Strips Mashed cauliflower potatoes V Zucchini & Squash DF V Pineapple GF DF V</p> <p>Veggie Egg Bake E GF</p>	<p>30 Strawberry Yogurt cake E</p> <p>Chicken Pot Pie DF Chopped Salad GF DF V Fruit GF DF V</p> <p>Veggie straws & Bean dip GF V</p>