

September 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 Berry Yogurt Bean & Cheese Quesadilla V Corn GF DF V Spanish Rice GF DF V Oranges GF DF V Hummus & pita DF V</p>	<p>2 Banana GF DF V Spaghetti & Meatballs E DF Vegetable Medley GF DF V Melon Yummy pimento cheese with crackers V</p>	<p>3 Applesauce GF DF V Terriyaki Chicken GF Veggie Rice GF DF V Egg roll DF V E Pineapple GF DF V Spinach Egg Bake E GF</p>	<p>4 Oat Muffin E Hamburger sliders w/ fixins Baked sweet potato tots GF DF V V Black eyed peas GF DF V Mixed fruit GF DF V Sweet potato bites with maple dip GF V</p>
<p>7 LABOR DAY NO SCHOOL!!</p>	<p>8 WW Cereal Bar DF V Beef Soft Tacos Rice GF DF V Refried Beans GF DF V Oranges GF DF V Rice cakes w/Apple Cinnamon butter V</p>	<p>9 Banana GF DF V Fish Sticks DF E Mac & Cheese E V Peas & carrots GF DF V Melon GF DF V Ham & cheese roll up GF</p>	<p>10 Pears GF DF V Baked Chicken GF Mashed Potatoes GF V Green Beans GF DF V Pineapple GF DF V Veggie Egg Bake E GF</p>	<p>11 Berry yogurt Cake E Cheese Pizza Chopped Salad GF DF V Mixed Fruit GF DF V Soft Pretzels with red bell pepper hummus DF V E</p>
<p>14 Cheerios GF DF V Baked Turkey Ziti E Broccoli GF DF V Apples GF DF V Sunbutter sammies DF V</p>	<p>15 Berry Yogurt GF V Chicken soft tacos Rice GF DF V Black Beans GF DF V Oranges GF DF V Berries & cheese GF V</p>	<p>16 Banana GF DF V Bowtie Pasta w/tomato, Basil & Mozzarella V E Chopped salad GF DF V Melon GF DF V Veggies with cream cheese dip GF V</p>	<p>17 Apple sauce GF DF V Beef Empanadas DF Green Beans GF DF V Pineapple GF DF V Cheesy Egg Bake E GF</p>	<p>18 Carrot Muffin E Swedish meatballs E Buttered noodles E V Peas & Carrots GF DF V Mixed Fruit GF DF V Veggie straws & Bean dip GF DF V</p>
<p>21 Rice Chex GF DF V Meatloaf E DF Mashed Potatoes GF DF V Green Beans GF DF V Apples GF DF V Turkey & cheese roll up GF</p>	<p>22 WW Cereal Bar DF V Turkey soft tacos Rice GF DF V Black Beans GF DF V Oranges GF DF V Mini Bagels & Cream Cheese V</p>	<p>23 Banana GF DF V Fish Cakes E DF Cous Cous DF V E Zucchini GF DF V Melon GF DF V Hammy Cheesy Bar E</p>	<p>24 Pears GF DF V Chicken Strips E Mac & Cheese V Broccoli GF DF V Pineapple GF DF V Egg Bake E GF</p>	<p>25 Berry Yogurt cake E Cheese Pizza Chopped Salad GF DF V Mixed Fruit GF DF V Sunbutter & Celery GF DF V</p>
<p>28 Cheerios GF DF V Chicken & Rice Casserole GF Zucchini & Squash GF DF V Apples GF DF V Veggies with ranch GF V</p>	<p>29 Mango Yogurt Cheese Enchiladas GF V Black Bean & Corn GF DF V Spanish Rice GF DF V Oranges GF DF V Toasted English Muffin w/cheese</p>	<p>30 Banana GF DF V Angel hair pasta with veggie marinara E V Veggie Medley GF DF V Melon GF DF V Berries & string cheese GF V</p>		