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| GCDC Menus | |
| November 2022 | |
| A.M. Snack | NASA Goddard Child Development Center |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  | Fresh fruits include but are not limited to apples, bananas, oranges, pineapples, and mandarins. Fruit will be served as it is in season and as it becomes ripe. | **(1 Fruit & 1 Dairy)**  Vanilla Yogurt (1/4C)  Fresh Fruit (1/2C) | **(1 Grain)**  Whole Grain Toast (1/2 Serving)  Jelly | **(1 Fruit & 1 Dairy)**  Freshly Sliced Oranges (1/2C)  1% Milk (1/2C) | **(1 Grain & 1 Dairy)**  Raisin Bran (1/4C)  1% Milk (1/2C) |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | **(1 Grain & 1 Dairy)**  Cheerios (1/4 Cup)  1% Milk (1/2c) | **(1 Fruit & 1 Dairy)**  Fresh Fruit(1/2serving)  1% Milk (1/2C) | **(1 Grain & 1 Dairy)**  French Toast Sticks (1/2 Serving)  1% Milk (1/2C) | **(1 Grain & 1** Dairy**)**  Rice Krispies (1/4 Cup)  1% Milk (1/2c) | **School Closed for**  **Veteran’s Day** |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | **(1 Grain & 1 Milk)**  Strawberry Special K (1/4 C)  1% Milk (1/2c) | **(1 Fruit & 1 Dairy)**  Bananas (1/2)  1% Milk (1/2C) | **(1 Grain & 1 Dairy)**  Honey Bunches of Oats (1/4 C)  1% Milk (1/2c) | **(1 Fruit & 1 Dairy)**  Sliced Oranges (1/2C)  1% Milk (1/2C) | **(1 Grain & 1 Milk)**  Corn Flakes (1/4 C)  1% Milk (1/2C) |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | **(1 Grain & 1 Dairy)**  Honey Bunches of Oats (1/4 C)  1% Milk (1/2c) | **(1 Grain & 1 Dairy)**  Cereal Bars (1/2 Serving)  1% Milk (1/2C) | **(1 Grain & 1 Dairy)**  Whole Grain Cereal (1/4 c)  1% Milk (1/2c) | **School Closed for Thanksgiving** | **School Closed for Thanksgiving** |  |
| 27 | 28 | 29 | 30 |  |  |  |
|  | **(1 Grain & 1 Milk)**  Frosted Mini Wheats (1/4 C)  1% Milk (1/2c) | **(1 Fruit & 1 Dairy)**  Bananas (1/2)  1% Milk (1/2C) | **(1 Fruit & 1 Meat Alternate)**  Fruit (1/4C)  Vanilla Yogurt (1/4C) |  |  |  |

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| **GCDC Menus**  **November 2022** | |
| P.M. Snack | NASA Goddard Child Development Center |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  | Fresh fruits include but are not limited to apples, bananas, oranges, pineapples, and mandarins. Fruit will be served as it is in season and as it becomes ripe. | **(1 Dairy & 1 Fruit)**  Cheese Sticks (1/2 Serving)  Fresh Fruit (1/4C) | **(1 Grain & 1 Fruit)**  Chicken Nuggets (2 oz.)  Ketchup  100% Apple Juice (1/2C) | **(1 Fruit & 1 Grain)**  Diced Fruit (1/4 C)  Cereal Mix (1/4C) | **(1 Grain)**  Rice Cakes (1//4c)  Apple Butter (2T) |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | **(1 Grain & 1 Fruit)**  Diced Peaches (1/2 C)  Triscuts (2 0z.) | **(1 Grain, 1 Fruit)**  Pasta Noodle’s(1/4C)  Marinara Sauce | **(1 Fruit)**  Pineapples (1/4 C)  Raisins (1/4 C) | **(1 Grain & 1 Fruit)**  Multigrain Bars (1/2 Serving)  Fresh Fruit (1/2 C) | **Closed for Veterans Day** |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | **(1 Dairy & 1 Fruit)**  Yogurt (½C)  Raisins (1/4c) | **(1 Meat & 1 Grain)**  Turkey (2 oz.)  Tortilla (1/2 serving | **(1 Grain)**  Baked French Fries  Ketchup | **(1 Grain & 1 Dairy)**  Saltines (2 oz.)  Sliced Cheese (1/2 serving) | **(1 Fruit & 1 Grain)**  Applesauce (1/4C)  Cereal Mix (1/2C) |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | **(1 Grain & 1 Meat Alt)**  Ritz Crackers (2 oz.)  Cream Cheese (2 oz.) | **(1 Dairy & 1 Fruit)**  Cheese Sticks (1/2 Serving)  Fresh Fruit (1/4C) | **(1 Fruit & 1 Grain)**  Fruit (1/4C)  Chex Mix (1/4 C) | **School Closed for**  **Thanksgiving** | **School Closed for**  **Thanksgiving** |  |
| 27 | 28 | 29 | 30 |  |  |  |
|  | **(1 Grain)**  Pita Chips (2 oz.)  Apple Butter | **(1 Fruit & 1 Grain)**  Applesauce (1/4C)  Cereal Mix (1/2C) | **(2 Veggies)**  Corn and Peas (1/2C) |  |  |  |