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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.)Ketchup100% 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 FriesKetchup | **(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) |  |  |   |