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| GCDC Menus | |
| January 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 | 6 | 7 |
| 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 Grain & 1 Dairy)**  Cheerios (1/4 Cup)  1% Milk (1/2c) | **(1 Grain,1 Fruit & 1 Dairy)**  Oatmeal bars (1/4 C)  Fresh Fruit (1/2 C)  1% Milk (1/2 C) | **(1 Grain & 1 Dairy)**  Raisin Bran (1/4 Cup)  1% Milk (1/2c) | **(1 Meat alternate & 1 Fruit)**  Quiche (1/2Serving)  Fresh Fruit (1/2C)  1% Milk (1/2c) | **(1 Fruit & 1 Dairy)**  Pineapples (1/4 C)  1% Milk (1/2c) |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | **(1 Grain & 1 Fruit)**  Wheat Toast (1/2 serving)  Fresh Fruit (1/2C)  1% Milk | **(1 Fruit & 1 Dairy)**  Baked Cinnamon Apples (1/2C)  1% Milk (1/2C) | **(1 Fruit & 1 Dairy**  Freshly Sliced Oranges (1/2C)  1% Milk (1/2C) | **(1 Grain & 1 Milk)**  Croissants w/butter  (1/2 Serving)  1% Milk (1/2C) | **(1 Grain & 1 Dairy)**  Honey Bunches of Oats (1/4 Cup)  1% Milk (1/2c) |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | **(1 Grain, & 1 Dairy)**  Bagel’s w/ jelly (1/2 Serving)  1% Milk (1/2C) | **(1 Grain & 1 Dairy)**  Cheerios (1/4 Cup)  1% Milk (1/2c) | **(2 Fruit & 1 Dairy)**  Sliced Bananas (1/2 C)  1% Milk (1/2C) | **(1 Fruit & 1 Dairy)**  Vanilla Yogurt (1/4C)  Blueberries(1/2C)  1% Milk (1/2C) | **(1 Grain & 1 Milk)**  Strawberry Special K (1/4 C)  1% Milk (1/2c) |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | **(1 Grain, 1Fruit & 1 Dairy)**  Pancakes(1/2C)  Fresh Fruit (1/2C)  1% Milk (1/2C) | **(1 Fruit & 1 Dairy)**  Pineapples (1/2C)  1% Milk | **1 Grain & 1 Fruit)**  Fruity Baked Oatmeal(1/4C)  Fresh Fruit (1/2C) | **(1 Grain & 1 Fruit)**  English Muffins (1/2Serving)  Jelly (2T)  Milk(1/2C) | **(1Grain,1 Fruit, &1 Dairy)**  Cheerios (1/4 cup)  Oranges (1/4cup)  1% Milk (1/2c) |  |
| 29 | 30  **(1 Grain, & 1 Dairy)**  Bagel’s w/ jelly (1/2 Serving)  1% Milk (1/2C) | 31`  **(2 Fruits & 1 Dairy)**  Bananas (1/4 C)  Cheerios (1/2C)  1% Milk (1/2C) | **(1 Grain & 1 Fruit)**  Waffles (1/2 Serving)  Fresh Fruit(1/2c)  1% Milk (1/2C) | **(2 Veggies)**  Garden Salad  Lettuce, shredded carrots, cucumbers (1/2C)  Ranch dressing |  |  |
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| **January 2022** | |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 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 Grain)**  Sliced Apples (1/4c)  Fig Bars (1/2) | **(1 Fruit & 1 Dairy)**  Fresh Fruit (1/2 C)  Vanilla Yogurt (1/2 C) | **(1 Veggie & 1 Fruit)**  Oranges (1/2 serving)  Raisins (2tsp) | **(1 Grain & 1 Dairy)**  Rice Cakes (1//4c)  Apple Butter (2T) | **(1 fruit & 1 Grain)**  Fruit Cocktail  (1/2 Serving)  Graham Crackers (1/4C) |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | **(1 Fruit)**  Canned Peaches (1/2 C) | **(1 Fruit & 1 Grain)**  Applesauce (1/2C)  Oatmeal Bars (1/2 serving) | **(1 Meat & 1 Grain)**  Turkey (1/2C)  Tortilla (1/2 serving) | **(1 Fruit & 1 Grain)**  Applesauce (1/2C)  Cheerios (1/2C) | **(1 Grain & 1 Dairy)**  Goldfish (1/2C)  Cheese Cubes (1/2oz.) |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | **Closed Federal Holiday** | **(1 Fruit & 1 Dairy)**  Canned Pears (1/2 C)  Whole Grain Chex Mix (1/2C) | **(2 Fruit)**  Fruit Salad  Watermelon and Blueberries  (1/2C) | **(1 Meat Alt & 1 Fruit)**  Cheese Toast and  100% White Grape Juice | **(1 Veggie & 1 fruit)**  Oyster Crisp (1/4 C)  Sliced Apples (1/2 oz) |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | **(1 Grain & 1 Meat Alt)**  Pita Chips (2 oz.)  Cream Cheese (2T.) | **(1 Fruit & 1 Veggie)**  Raisins (1/4C)  Broccoli (1/2C)  Ranch Dressing | **(1 Fruit & 1 Grain)**  Peaches (1/4C)  Chex Mix (1/4 C) (1/2C) | **(1 Protein & 1 Fruit)**  Chicken Nuggets (2 oz.)  Fresh Fruit (1/2c) | **(1 fruit & 1 Grain)**  Fruit Cocktail  (1/2 Serving)  Graham Crackers (1/4C) |  |
| 29 | 30 | 31 |  |  |  |  |
|  | **(1 Fruit & 1 Grain)**  Diced Pears (1/2C)  Saltine Crackers (1/2 serving) | **(2 Veggie)**  Tomatoes &  Cucumbers (1/2 C) |  |  |  |  |