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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 SaladLettuce, shredded carrots, cucumbers (1/2C)Ranch dressing |  |  |
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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) |  |  |  |  |