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

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |   |  | 1 | 2 | 3 |
| 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. |  |  |  |  |   |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | **Closed For Holiday****Labor Day** | **(1 Grain, 1 Fruit & 1 Dairy)**French Toast Sticks (1/2Serving)Fresh Fruit (1/2C) 1% Milk (1/2C) |  **1 Grain,1 Fruit & 1 Dairy)** Mini Wheat (1/4 Cup)Fresh Fruit (1/2C)1% Milk (1/2C) | **(1 Grain, 1 Fruit & 1 Dairy)**Croissant (1/2 Serving)Fresh Fruit (1/2C)1% Milk (1/2C) | **(1 Grain & 1 Dairy)**Cheerios (1/4 Cup) 1% Milk (1/2c) |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | **(1 Grain, 1 Fruit & 1 Milk)**Raisin Bran (1/4 C)1% Milk (1/2c) | **(1 Grain & 1 Meat Alternate)**Bagels (1/2 Serving)Cream Cheese(1/2C)1% Milk (1/2c) | **(1 Grain, 1 Fruit & 1 Dairy)**Wheat Toast (1/2 Serving)Bananas (1/2 C)1% Milk (1/2C) | **(1 Grain,1 Fruit & 1 Dairy)**Oatmeal (1/2 serving)Fresh Fruit (1/2C)1% Milk (1/2C) | **(1 Grain,1 Fruit, & 1 Milk)**Cornflakes (1/2 serving)Fresh Fruit (1/2 Serving) 1% Milk (1/2C) |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | **(1 Grain & 1 Dairy)**Cheerios (1/4 Cup) 1% Milk (1/2c) | **(1 Grain, 1Fruit & 1 Dairy)**English Muffins (1/2 Serving)1% Milk (1/2C) | **(1 Grain & 1 Dairy)**Raisin Bran (1/4 Cup) 1% Milk (1/2c) | **(1 Fruit & 1 Dairy)**Fresh Fruit (1/2C)1% Milk (1/2C) | **(1 Fruit,1 Protein & 1 Dairy)**Vanilla Yogurt (1/4C)Blueberries(1/2C)1% Milk (1/2C) |  |
| 25 | 26 | 27 | 28 | 29 | 30 |  |
|  | **(1 Grain & 1 Milk)**Oatmeal Squares (1/4 C)Fresh Fruit (1/2 C)1% Milk (1/2c) | **(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) | **(1 Grain & 1 Dairy)**Vanilla Yogurt (1/4C)Granola oats (1/2C)1% Milk (1/2C) | **(1 Grain & 1 Fruit)**Honey Bunches of OatsApples(1/2C)1% Milk |   |

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| **September 2022** |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |   | 1 | 2 | 3 |
| 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. |  |  |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | **Closed for Holiday****Labor Day** | **(1 Meat & 1 Grain)**Sliced TurkeyTortilla (1/2 serving)  | **(1 Grain & 1 Fruit)**Spaghetti Noddle’sMarinara Sauce (1/2 C)Sliced Tomatoes (1/2 C)  | **(1 Grain & 1 Fruit)** Nutrigrain Bars (1/2 Serving) Orange Slices (1/2 C) | **(1 Grain & 1 Dairy)**Fig bars (1/2C)Yogurt Dip (1/2c) |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | **(1 Grain & 1 Meat Alternative)**Macaroni & Cheese (½C) | **(1 Fruit & 1 Grain)**  Fruit Cocktail (1/2 C)Goldfish (1/2 C)  | **(1 Grain & 1 Fruit)**Baked French FriesFresh Fruit (1/2C) | **(2 Veggie)** Cucumber Salad (1/2C)Cucumbers and Tomato w/Balsamic Vinaigrette  | **(1 Fruit & 1 Grain)**Applesauce (1/2C)Cheerios (1/2C) |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | **(1 Grain & 1 Meat Alt)** Soda Crackers (2 oz.) Spinach Dip (2 oz.)  | **(2 Veggies )**Mixed Vegetables Carrots and Corn (1/2C)  | **(1 Fruit & 1 Grain)**Canned Peaches (1/2C)Graham Crackers (1/2 serving) | **(2 Veggies )**Sliced ZucchiniSliced Yellow Squash (1/2C) Italian Dressing  | **(1 Grain & 1 Fruit)**Rice Cakes (1//4c)Apple Butter (2T) |  |
| 25 | 26 | 27 | 28 | 29 | 30 |  |
|  | **(2 Veggies)**Succotash Corn (1/2C) Lima Beans (1/2C) | **(1 Grain & 1 Veggie)**Rice & Peas(1/2 Serving)Grape Juice (1/2C) | **(1 Grain & 1 Meat Alternate)**Chex Mix (1/2C)Cheese Stick (1/2 Serving) | **(1 Protein & 1 Fruit)**Chicken Nuggets (2 oz.)Fresh Fruit (1/2c) | **(2 Veggies)**Garden SaladLettuce, shredded carrots, cucumbers (1/2C)Ranch dressing  |   |