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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 Oats  Apples(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 Turkey  Tortilla (1/2 serving) | **(1 Grain & 1 Fruit)**  Spaghetti Noddle’s  Marinara 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 Fries  Fresh 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 Zucchini  Sliced 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 Salad  Lettuce, shredded carrots, cucumbers (1/2C)  Ranch dressing |  |