

# GCDC Menus

## April 2024

### A.M. Snack

NASA Goddard Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
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.	<b>(1 Grain &amp; 1 Fruit)</b> Whole Grain Cereal (1/2 C) Fresh Fruit (1/2C) 1% Milk	<b>(1 Fruit &amp; 1 Dairy)</b> Oatmeal (1/2C) 1% Milk (1/2C)	<b>(1 Fruit &amp; 1 Grain)</b> Freshly Sliced Oranges (1/2C) Rice Crispies (1/2C) 1% Milk (1/2C)	<b>(1 Grain &amp; 1 Dairy)</b> Wheat Toast w/Jelly (1/2 Serving) 1% Milk (1/2C)	<b>(1 Grain &amp; 1 Dairy)</b> Honey Bunches of Oats (1/4 Cup) 1% Milk (1/2C)	
7	8	9	10	11	12	13
	<b>(1 Grain &amp; 1 Dairy)</b> Cheerios (1/4 Cup) 1% Milk (1/2c)	<b>(1 Grain, &amp; 1 Dairy)</b> Bagels w/ jelly (1/2 Serving) 1% Milk (1/2C)	<b>(1 Fruit &amp; 1 Grain)</b> Sliced Bananas (1/2 C) Corn Flakes (1/4C) 1% Milk (1/2C)	<b>(1 Fruit &amp; 1 Dairy)</b> Vanilla Yogurt (1/4C) Blueberries(1/2C) 1% Milk (1/2C)	<b>(1 Grain &amp; 1 Milk)</b> Strawberry Special K (1/4 C) 1% Milk (1/2c)	
14	15	16	17	18	19	20
	<b>(1 Fruit &amp; 1 Dairy)</b> Pineapples (1/2C) 1% Milk (1/2C)	<b>(1 Grain, 1Fruit &amp; 1 Dairy)</b> Pancakes(1/2C) Fresh Fruit (1/2C) 1% Milk (1/2C)	<b>1 Grain &amp; 1 Fruit)</b> Croissants w/Jelly (1/2C) 1% Milk(1/2C)	<b>(1 Grain, &amp; 1 Dairy)</b> Mini Wheats (1/2 C) 1% Milk (1/2C)	<b>(1Grain, &amp;1 Dairy)</b> Cheerios (1/4 cup) 1% Milk (1/2c)	
21	22	23	24	25	26	27
	<b>(1 Fruits &amp; 1 Dairy)</b> Bananas (1/4 C) Rice Crispies (1/2C) 1% Milk (1/2C)	<b>(1 Grain &amp; 1 Fruit)</b> English Muffins (1/2Serving) Jelly (2T) Milk(1/2C)	<b>(1 Grain &amp; 1 Fruit)</b> Raisin Bran (1/2 Serving) Fresh Fruit(1/2c) 1% Milk (1/2C)	<b>(1Grain &amp; 1 Dairy)</b> French Toast Sticks (1/2 Ser) 1% Milk (1/2C)	<b>(1 Grain &amp; 1 Dairy)</b> Whole Grain Cereal (1/4 Cup) 1% Milk (1/2c)	
28	29	30				
	<b>(1 Grain &amp; 1 Dairy)</b> Whole Grain Cereal (1/4 Cup) 1% Milk (1/2c)	<b>(1 Fruit &amp; 1 Dairy)</b> Vanilla Yogurt (1/4C) Blueberries(1/2C) 1% Milk (1/2C)				

# GCDC Menus

# April 2024

## P.M. Snack

NASA Goddard Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
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.	<b>(1 Grain &amp; 1 Dairy)</b> Goldfish (1/2C) Cheese Cubes (1/2oz.)	<b>(1 Fruit &amp; 1 Grain)</b> Sliced Fruit(1/2C) Oatmeal Bars (1/2 serving)	<b>(1 Meat &amp; 1 Grain)</b> Sliced Turkey (1/2C) Triscuits (1/4C)	<b>(1 Fruit &amp; 1 Grain)</b> Applesauce (1/2C) Cheerios (1/2C)	<b>(1 Fruit)</b> Pineapples (1/2 C)	
7	8	9	10	11	12	13
	<b>(1 Grain &amp; 1 Fruit)</b> Rice cakes and Apple Butter  (1/2 serving)	<b>(1 Fruit &amp; 1 Dairy)</b> Canned Pears (1/2 C) Whole Grain Chex Mix (1/2C)	<b>(2 Fruit)</b> Fruit Salad Strawberries and Blueberries (1/2C)	<b>(1 Meat Alt &amp; 1 Fruit)</b> Cheese Toast and 100% White Grape Juice	<b>(1 Veggie &amp; 1 fruit)</b> Oyster Crisp (1/4 C) Sliced Apples (1/2 oz)	
14	15	16	17	18	19	20
	<b>(1 Grain &amp; 1 Meat Alt)</b> Pita Chips (2 oz.) Cream Cheese (2T.)	<b>(1 Fruit &amp; 1 Veggie)</b> Raisins (1/4C) Broccoli (1/2C) Ranch Dressing	<b>(1 Fruit &amp; 1 Grain)</b> Peaches (1/4C) Chex Mix (1/4 C) (1/2C)	<b>(1 Protein &amp; 1 Fruit)</b> Chicken Nuggets (2 oz.) Fresh Fruit (1/2c)	<b>(1 fruit &amp; 1 Grain)</b> Fruit Cocktail (1/2 Serving) Graham Crackers (1/4C)	
21	22	23	24	25	26	27
	<b>(1 Fruit &amp; 1 Grain)</b> Diced Pears (1/2C)	<b>(2 Veggie)</b> Tomatoes & Cucumbers (1/2 C)	<b>(1 Fruit &amp; 1 Grain)</b> Sliced Apples (1/4C) Fig Bars (1/2)	<b>(1 Fruit &amp; 1 Dairy)</b> Fresh Fruit (1/2 C) Vanilla Yogurt (1/2 C))	<b>(1 Veggie &amp; 1 Fruit)</b> Oranges (1/2 serving) Raisins (2tsp)	
28	29	30				
	<b>(1 Fruit &amp; 1 Grain)</b> Sliced Fruit(1/2C) Oatmeal Bars (1/2 serving)	<b>(1 Meat &amp; 1 Grain)</b> Sliced Turkey (1/2C) Tortilla(1/4C)				