

GCDC Menus

February 2024

A.M. Snack

NASA Goddard Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 (1 Fruit & 1 Dairy) Cereal Bars (1/2C) 1% Milk (1/2C)	2 (1 Grain & 1 Dairy) Raisin Bran (1/4C) 1% Milk (1/2C)	3
4	5 (1 Grain & 1 Dairy) Cheerios (1/4 Cup) 1% Milk (1/2c)	6 (1 Fruit & 1 Dairy) English Muffins and Jelly (1/2serving)	7 (1 Grain & 1 Dairy) Blueberry Muffins (1/2 Serving) 1% Milk (1/2C)	8 (1 Grain & 1 Dairy) Rice Krispies (1/4 Cup) 1% Milk (1/2c)	9 (1 Grain & 1 Dairy) Corn Flakes (1/2 Serving) 1% Milk (1/2C)	10
11	12 (1 Grain & 1 Milk) Frosted Mini-Wheats (1/4 C) 1% Milk (1/2c)	13 (1 Fruit & 1 Meat Alternate) Oats (1/4C) Vanilla Yogurt (1/4C)	14 (1 Fruit & 1 Dairy) Croissants (1/2) 1% Milk (1/2C)	15 (1 Grain & 1 Dairy) French Toast Sticks (1/2) 1% Milk (1/2C)	16 (1 Grain & 1 Milk) Corn Flakes (1/4 C) 1% Milk (1/2C)	17
18	19 School Closed President's Day	20 (1 Grain & 1 Dairy) Cereal Bars (1/2 Serving) 1% Milk (1/2C)	21 (1 Grain & 1 Dairy) Whole Grain Cereal (1/4 c) 1% Milk (1/2c)	22 (1 Grain) Whole Grain Toast (1/2 Serving) Jelly (2tsp) 1% Milk (1/2C)	23 (1 Grain & 1 Dairy) Raisin Bran (1/4C) 1% Milk (1/2C)	24
25	26 (1 Grain & 1 Milk) Cheerios (1/4 C) 1% Milk (1/2c)	27 (1 Fruit & 1 Dairy) Pancakes (1/2) 1% Milk (1/2C)	28 (1 Fruit & 1 Grain) Rice Krispies (1/4) Blue Berries(1/4) 1% Milk (1/2c)			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 (1 Fruit & 1 Grain) Diced Fruit (1/4 C) Cereal Mix (1/4C)	2 (1 Grain) Rice Cakes (1//4C) Apple Butter (2T)	3
4	5 (1 Grain & 1 Fruit) Diced Peaches (1/2 C) Triscuits (2 oz.)	6 (1 Fruit & 1 Grain) Applesauce (1/4C) Cereal Mix (1/2C)	7 (1 Fruit) Pineapples (1/4 C) Raisins (1/4 C)	8 (1 Grain & 1 Fruit) Multigrain Bars (1/2 Serving) Fresh Fruit (1/2 C)	9 (1 Dairy & 1 Fruit) Cheese Sticks (1/2 Serving) Fresh Fruit (1/4C)	10
11	12 (1 Dairy & 1 Fruit) Yogurt (1/2C) Raisins (1/4C)	13 (1 Meat & 1 Grain) Turkey (2 oz.) Tortilla (1/2 serving)	14 (1 Grain & 1 Fruit) Baked French Fries Ketchup %100 Fruit Juice	15 (1 Grain & 1 Dairy) Saltines (2 oz.) Sliced Cheese (1/2 serving)	16 (1 Fruit & 1 Grain) Applesauce (1/4C) Cereal Mix (1/2C)	17
18	19 School Closed President's Day	20 (1 Dairy & 1 Fruit) Cheese Sticks (1/2 Serving) Fresh Fruit (1/4C)	21 (1 Fruit & 1 Grain) Fruit (1/4C) Chex Mix (1/4 C)	22 (1 Grain) Pita Chips (2 oz.) Apple Butter	23 (1 Grain, 1 Fruit) Pasta Noodle's(1/4C) Marinara Sauce	24
25	26 (1 Grain & 1 Meat Alt) Ritz Crackers (2 oz.) Cream Cheese (2 oz.)	27 (1 Dairy & 1 Fruit) Cheese Sticks (1/2 Serving) Fresh Fruit (1/4C)	28 (1 Dairy & 1 Fruit) Raisin (1/4) Broccoli (1/2) Ranch			

