

GCDC Menus

January 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.		(1 Grain & 1 Dairy) Cheerios (1/4 Cup) 1% Milk (1/2c)	(1 Grain & 1 Dairy) Frosted Mini Wheat (1/4 Cup) 1% Milk (1/2c)	(1 Whole Grain & 1 Fruit) French Toast(1/2Serving) Fresh Fruit (1/2C) 1% Milk (1/2c)	(1 Fruit & 1 Dairy) Pineapples (1/4 C) 1% Milk (1/2c)	
7	8	9	10	11	12	13
	(1 Grain & 1 Fruit) Wheat Toast (1/2 serving) Fresh Fruit (1/2C) 1% Milk	(1 Grain, 1 Fruit & 1 Dairy) Oatmeal bars (1/4 C) Fresh Fruit (1/2 C) 1% Milk (1/2 C)	(1 Fruit & 1 Dairy) Freshly Sliced Oranges (1/2C) 1% Milk (1/2C)	(1 Grain & 1 Milk) Croissants (1/2 Serving) 1% Milk (1/2C)	(1 Grain & 1 Dairy) Whole grain(1/4C) 1% Milk (1/2c)	
14	15	16	17	18	19	20
	Closed Federal Holiday	(1 Grain & 1 Dairy) Raisin Bran (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) Cornflakes (1/4 C) 1% Milk (1/2c)	
21	22	23	24	25	26	27
	(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) 1% Milk(1/2C)	(1Grain, 1 Fruit, & 1 Dairy) Cheerios (1/4 cup) Oranges (1/4cup) 1% Milk (1/2c)	
28	29	30	31			
	(1 Grain, & 1 Dairy) Bagels w/ jelly (1/2 Serving) 1% Milk (1/2C)	(2 Fruits & 1 Dairy) Bananas (1/4 C) 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	2	3	4	5	6
		(2 Veggies) Vegetable Normandy (1/2 C)	(1 Veggie & 1 Fruit) Clementine (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)	
7	8	9	10	11	12	13
	(1 Fruit & Grain) French Fries (1/4 C) Apple Juice (1/4C)	(1 Fruit & 1 Grain) Applesauce (1/2C) Cheerios (1/2 serving)	(1 Meat & 1 Grain) Turkey (1/2C) Tortilla (1/2 serving)	(2 Veggies & 1 Grain) Corn & peas (1/4C) Italian Bread (1/2Serving)	(1 Grain & 1 Dairy) Goldfish (1/2C) Cheese Cubes (1/2oz.)	
14	15	16	17	18	19	20
	Closed Federal Holiday	(1 Fruit & 1 Dairy) Canned Pears (1/2 C) Whole Grain Chex Mix (1/2C)	(2 Fruit) Berry Salad Strawberries 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)	
21	22	23	24	25	26	27
	(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) Tomato Soup (1/4C) Goldfish (1/4 C)	(1 Protein & 1 Fruit) Chicken Nuggets (2 oz.) Fresh Fruit (1/2c)	(1 Fruit & 1 Grain) Cucumbers (1/2 C) Whole Grain Bread (1/2 Serving)	
28	29	30	31			
	(1 Fruit & 1 Grain) Diced Pears (1/2C) Saltine Crackers (1/2 serving)	(1 Fruit & Alternate) Apples (1/4c) Cheese Sticks(1/4c)	1 Grain & 1 Dairy) Rice Cakes (1//4c) Apple Butter (2T)			