

GCDC Menus

March 2024

A.M. Snack

NASA Goddard Child Development Center

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

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<p>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.</p>					1 (1 Fruit & 1 Grain) Sliced Oranges & Gold Fish(1/2C)	2	
	3	4 (1 Fruit & 1 Grain) Pineapples (1/4 C) Triscuits (1/4c)	5 (1 Grain & 1 Fruit) Apple Slices Chex Mix (1/2C)	6 (1 Grain & 1 Fruit) Baked French Fries Fresh Fruit (1/2C)	7 (1 Grain & 1 Fruit) Nutrigrain Bars (1/2 Serving) Blueberries (1/2 C)	8 (1 Grain & 1 Dairy) Sliced Apples (1/2C) Yogurt Dip (1/2c)	9
	10	11 (1 Grain & 1 Fruit) Wheat Thins (1/4 c) Fresh Fruit (1/4c)	12 (1 Fruit & 1 Grain) Fruit Cocktail (1/2 C) Goldfish (1/2 C)	13 (1 Grain & 1 Meat Alternative) Macaroni & Cheese (1/2C)	14 (2 Veggie) Cucumber Salad (1/2C) Cucumbers and Tomato w/Balsamic Vinaigrette	15 (1 Grain & 1 Fruit) Fruit Smoothies (1/2C)	16
	17	18 (1 Grain & 1 Meat Alt) Pita Chips (2 oz.) Apple Butter (2 oz.)	19 (1 Meat & 1 Grain) Sliced Turkey Tortilla (1/2 serving)	20 (1 Fruit & 1 Grain) Canned Peaches (1/2C) Graham Crackers (1/2 serving)	21 (1Grain & 1 Meat Alternate) Pizza Italian Bread (1/2 Serving) Tomato Sauce Mozzarella/Vegan Cheese	22 (1 Fruit & 1 Grain) Applesauce (1/2C) Cheerios (1/2C)	23
	24	25 (2 Veggies) Succotash Corn (1/2C) Lima Beans (1/2C)	26 (1 Grain & 1 Veggie) Rice & Black Beans (1/2 Serving) Grape Juice (1/2C)	27 (1 Grain & 1 Meat Alternate) Sliced Apples (1/2C) Cheese Stick (1/2 Serving)	28 (1 Protein & 1 Fruit) Chicken Nuggets (2 oz.) Fresh Fruit (1/2c)	29 (2 Veggies) Garden Salad Lettuce, shredded carrots, cucumbers (1/2C) Ranch dressing	30
31							

