

GCDC Menus

May 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	2	3	4	
			(1 Grain & 1 Dairy) Whole Grain Cereal (1/4C) 1% Milk (1/2C)	(1 Grain & 1 Milk) English Muffins & jelly (1/2 Serving) 1% Milk (1/2C)	Closed Professional Development		
	5	6	7	8	9	10	
		(1 Grain & 1 Dairy) Cheerios (1/4 C) 1% Milk (1/2c)	(1 Fruit, 1Grain & 1 Dairy) Bananas (1/2 serving) Oatmeal (1/4C) 1% Milk (1/2C)	(1 Grain, 1Fruit & 1 Dairy) French Toast Sticks (1/2 Serving) Apple Slices 1% Milk (1/2C)	(1 Meat alt, 1 Fruit & 1 Dairy) Greek Yogurt (1/4C) Canned Peaches (1/4C) 1% Milk (1/2c)	(1 Grain & 1 Dairy) Rice Krispies (1/4 C) 1% Milk (1/2c)	11
	12	13	14	15	16	17	18
	(1 Grain & 1 Milk) Whole Grain Cereal (1/4 C) 1% Milk (1/2c)	(1 Fruit, 1 Grain & 1 Dairy) Fresh Fruit (1/4C) Whole Wheat Bagels w/butter (1/2 Serving) 1% Milk (1/2C)	(1 meat alt. & 1 Veggie) Cheese & Veggie Quiche 1% Milk (1/2C)	(1 Fruit & 1 Dairy) Sliced Oranges (1/4C) Corn muffins (1/2 Serving) 1% Milk (1/2C)	(1 Grain & 1 Dairy) Honey Bunches of Oats (1/4 C) 1% Milk (1/2C)		
19	20	21	22	23	24	25	
	(1 Grain & 1 Dairy) Whole Grain Cereal (1/4 c) 1% Milk (1/2C)	(1 Grain & 1 Dairy) Oatmeal Bars (1/2 Serving) 1% Milk (1/2C)	(1 Grain & 1 Dairy) Whole Grain Toast (1/2 Serving) Jelly (2tsp) 1% Milk (1/2C)	(1 Grain & 1 Fruit) Baked Tater Tots/W Ketchup (1/4C) Honey Dew Melon (1/4C) 1% Milk (1/2)	(1 Fruit & 1 Meat Alternate) Fruit (1/4C) Vanilla Yogurt (1/4C) 1% Milk (1/2c)		
26	27	28	29	30	31		
	School Closed Memorial Day	(1 Grain & 1 Milk) Corn Flakes (1/4 C) 1% Milk (1/2C)	(1 Grain, 1 Fruit, 1 meat alt. & Dairy) Cheese Biscuits Applesauce 1% Milk (1/2C)	(1 Grain & 1 Dairy) Blueberry muffins (1/2 Serving) 1% Milk (1/2C)	(1 Grain & 1 Dairy) Raisin Bran (1/4C) 1% Milk (1/2C)		

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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	2	3	4	
			<p>(1 meat alt. & 1 Fruit) Cheese sticks (2 oz.) Blueberries (1/4C)</p>	<p>(1 Fruit & 1 Grain) Goldfish (1/4 C) 100% apple juice (1/4C)</p>	<p>Professional Development</p>		
	5	6	7	8	9	10	11
		<p>(1 Grain & 1 Fruit) Diced Peaches (1/4 C) Triscuits (1/4C)</p>	<p>(1 Grain & 1 Fruit) Pasta Noodle's(1/4C) Marinara Sauce</p>	<p>(Multi Veggie) Garden Salad (lettuce, shredded carrots, raisins w/ ranch dressing (1/4C)</p>	<p>(1 Grain & 1 Fruit) Multigrain Bars (1/2 Serving) Cantaloupe (1/4 C)</p>	<p>(1 Fruit & 1 Grain) Applesauce (1/4C) Cereal Mix (1/4C)</p>	
	12	13	14	15	16	17	18
	<p>(1 meat alt. & 1 Fruit) Hummus (1/4C) Pita Chips (1/4c)</p>	<p>(1 Meat & 1 Grain) Black Bean, Corn, Cheese (2 oz.) Tortilla (1/2 serving)</p>	<p>(2 Fruits) Mashed Sweet Potatoes (1/4C) 100% Grape Juice (1/4C)</p>	<p>(1 Grain & 1 Dairy) Rainbow Sweet Peppers (1/4C) Cheese Cubes (1/4 C)</p>	<p>(1 Grain & 1 Milk) Rice Cakes (1/4C) Apple Butter (2T)</p>		
19	20	21	22	23	24	25	
	<p>(1 Fruit & 1 Grain) Fresh Fruit (1/4C) Goldfish (1/4 C)</p>	<p>(1 Grain, 1 Fruit, 2 Veggies) Veggie Pasta Salad (1/4C)</p>	<p>(1 Grain & Meat Alt.) Toasted Naan Bread ½ Serving & Hummus (1/4C)</p>	<p>(1 Grain & Meat Alt.) Cilantro Lime Rice (1/4 C) Black Beans (1/4 C)</p>	<p>(Muti Veggies) Normandy Vegetables (1/4C)</p>		
26	27	28	29	30	31		
	<p>School Closed Memorial Day</p>	<p>(1 Fruit & 1 Dairy) Sliced Watermelon (1/2 Serving) Pretzel Sticks (1/4C)</p>	<p>(1 Grain & 1 Meat Alt.) Ritz Crackers (2 oz.) Cream Cheese (2 oz.)</p>	<p>(1Grain, & 1 Veggie) Soft Pretzel w/mustard Bread & Butter Pickles</p>	<p>Parent's Day Show and Appetizers</p>		