

GCDC Menus

April 2025

A.M. Snack

NASA Goddard Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
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, 1Fruit & 1 Dairy) Cornflakes(1/2C) 1% Milk (1/2C)	(1 Fruit & 1 Dairy) Freshly Sliced Oranges (1/2C) 1% Milk (1/2C)	(1 Grain & 1 Milk) Wheat Toast w/butter (1/2 Serving) 1% Milk (1/2C)	(1 Grain & 1 Dairy) Rice Crispies (1/4 Cup) 1% Milk (1/2c)	
6	7	8	9	10	11	12
	(1 Grain & 1 Dairy) Cheerios (1/4 Cup) 1% Milk (1/2c)	(1 Grain, & 1 Dairy) Bagels w/ jelly (1/2 Serving) 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) Raisin Bran (1/4 C) 1% Milk (1/2c)	
13	14	15	16	17	18	19
	(1 Grain, & 1 Dairy) Mini Wheats (1/2 C) 1% Milk (1/2C)	(1 Fruit & 1 Dairy) Pineapples (1/2C) 1% Milk	1 Grain & 1 Fruit) Cereal Bars (1/2C) 1% Milk	(1 Fruit & 1 Dairy) Oatmeal (1/2C) 1% Milk (1/2C)	(1Grain,1 Fruit, &1 Dairy) Cheerios (1/4 cup) 1% Milk (1/2c)	
20	21	22	23	24	25	26
	(1 Grain, & 1 Dairy) Croissants and Jelly (1/2 C) 1% Milk (1/2C)	(2 Fruits & 1 Dairy) Bananas (1/4 C) Cheerios (1/2C) 1% Milk (1/2C)	(1 Grain & 1 Fruit) Waffles (1/2 Serving) Fresh Fruit(1/2c) 1% Milk (1/2C)	(1 Fruit & 1 Dairy) Sliced Apples (1/2C) 1% Milk (1/2C)	(1 Grain & 1 Dairy) Whole Grain Cereal (1/4 Cup) 1% Milk (1/2c)	
27	28	29	30			
	(1 Grain & 1 Fruit) Raisin Bran (1/2 C) Fresh Fruit (1/2C) 1% Milk	(1 Grain & 1 Fruit) English Muffins (1/2Serving) Jelly (2T) Milk(1/2C)	(1 Grain, & 1 Dairy) Mini Wheats (1/2 C) 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 (1 Fruit & 1 Grain) Applesauce (1/2C) Oatmeal Bars (1/2 serving)	2 (1 Meat & 1 Grain) Sliced Turkey (1/2C) Triscuits (1/4C)	3 (1 Fruit & 1 Grain) Rice Cakes (1/2C) and Apple Butter	4 (1 Grain & 1 Dairy) Goldfish (1/2C) Cheese Cubes (1/2oz.)	5
6	7 (1 Grain & 1 Meat Alt) Tortilla Sliced Cheese (1/2 serving)	8 (1 Fruit) Sliced Pears (1/2 C)	9 (2 Fruit) Fruit Salad Watermelon and Blueberries (1/2C)	10 (1 Meat Alt) Cheese Toast (1/2 Serving) Sliced Cucumbers	11 (1 Veggie & 1 fruit) Oyster Crisp (1/4 C) Sliced Apples (1/2 oz)	12
13	14 (1 Grain & 1 Meat Alt) Pita Chips (2 oz.) Cream Cheese (2T.)	15 (1 Fruit & 1 Veggie) Raisins (1/4C) Broccoli (1/2C) Ranch Dressing	16 (1 Protein & 1 Fruit) Chicken Nuggets (2 oz.) Fresh Fruit (1/2c)	17 (1 Fruit & 1 Grain) Peaches (1/4C) Chex Mix (1/4 C) (1/2C)	18 (1 fruit & 1 Grain) Fruit Cocktail (1/2 Serving) Graham Crackers (1/4C)	19
20	21 (1 Fruit & 1 Grain) Diced Pears (1/2C) Saltine Crackers (1/2 serving)	22 (2 Veggie) Tomatoes & Cucumbers (1/2 C)	23 (1 Fruit & 1 Grain) Sliced Apples (1/4c) Fig Bars (1/2)	24 (1 Fruit & 1 Dairy) Fresh Fruit (1/2 C) Vanilla Yogurt (1/2 C))	25 (1 Veggie & 1 Fruit) Oranges (1/2 serving) Raisins (2tsp)	26
27	28 (1 Fruit) Sliced Pears (1/2 C)	29 (1 Fruit & 1 Grain) Applesauce (1/2C) Cheerios (1/2C)	30 (1 Grain & 1 Meat Alt) Tortilla Sliced Cheese (1/2 serving)			