

# GCDC Menus

## September 2024

### A.M. Snack

NASA Goddard Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Closed For Holiday Labor Day</b>	3 <b>(1 Grain, 1 Fruit &amp; 1 Dairy)</b> French Toast (1/2 Serving) Fresh Fruit (1/2C) 1% Milk (1/2C)	4 <b>1 Grain, 1 Fruit &amp; 1 Dairy)</b> Mini Wheats (1/4 Cup) Fresh Fruit (1/4C) 1% Milk (1/2C)	5 <b>(1 Grain, 1 Fruit &amp; 1 Dairy)</b> Muffins (1/2 Serving) Fresh Fruit (1/2C) 1% Milk (1/2C)	6 <b>(1 Grain &amp; 1 Dairy)</b> Cheerios (1/4 Cup) 1% Milk (1/2C)	7
8	9 <b>(1 Grain, 1 Fruit &amp; 1 Dairy)</b> Raisin Bran (1/4 C) 1% Milk (1/2c)	10 <b>(1 Grain &amp; 1 Meat Alternate)</b> Bagels (1/4 Serving) Cream Cheese(1/2C) 1% Milk (1/2c)	11 <b>(1 Grain, 1 Fruit &amp; 1 Dairy)</b> Wheat Toast (1/2 Serving) Bananas (1/2 C) 1% Milk (1/2C)	12 <b>(1 Fruit &amp; 1 Dairy)</b> Fresh Fruit (1/4C) 1% Milk (1/2C)	13 <b>(1 Grain, 1 Fruit, &amp; 1 Milk)</b> Cornflakes (1/2 serving) Fresh Fruit (1/2 Serving) 1% Milk (1/2C)	14
15	16 <b>(1 Grain &amp; 1 Dairy)</b> Vanilla Yogurt (1/4C) Granola oats (1/2C) 1% Milk (1/2C)	17 <b>(1 Grain, 1Fruit &amp; 1 Dairy)</b> English Muffins (1/2 Serving) 1% Milk (1/2C)	18 <b>(1 Grain &amp; 1 Dairy)</b> Raisin Bran (1/4 Cup) 1% Milk (1/2c)	19 <b>(1 Grain, 1 Fruit &amp; 1 Dairy)</b> Oatmeal (1/4 serving) Fresh Fruit (1/4C) 1% Milk (1/2C)	20 <b>(1 Fruit, 1 Grain &amp; 1 Dairy)</b> Fruit (1/4C) Rice Crispies(1/4C) 1% Milk (1/2C)	21
22	23 <b>(1 Grain &amp; 1 Dairy)</b> Oatmeal Squares (1/4 C) Fresh Fruit (1/2 C) 1% Milk (1/2c)	24 <b>(1 Grain &amp; 1 Dairy)</b> Croissants (1/4C) 1% Milk (1/2C)	25 <b>(1 Grain &amp; 1 Fruit)</b> Waffles (1/4 Serving) Fresh Fruit(1/4C) 1% Milk (1/2C)	26 <b>(1 Grain &amp; 1 Dairy)</b> Cheerios (1/4 Cup) 1% Milk (1/2c)	27 <b>(1 Grain &amp; 1 Fruit)</b> Honey Bunches of Oats Apples(1/2C) 1% Milk	28
29	30 <b>(1 Grain &amp; 1 Fruit)</b> Rice Krispies (1/4 C) Fresh Fruit (1/2 C) 1% Milk (1/2c)					

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### P.M. Snack

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Closed for Holiday Labor Day</b>	3 <b>(1 Meat &amp; 1 Grain)</b> Sliced Turkey Tortilla (1/2 serving)	4 <b>(1 Grain &amp; 1 Fruit)</b> Spaghetti Noddle's Marinara Sauce (1/2 C)	5 <b>(1 Grain &amp; 1 Fruit)</b> Nutrigrain Bars (1/2 Serving) Orange Slices (1/2 C)	6 <b>(1 Grain &amp; 1 Dairy)</b> Fig bars (1/2C) Yogurt Dip (1/2c)	7
8	9 <b>(1 Grain &amp; 1 Meat Alternative)</b> Macaroni & Cheese (1/2C)	10 <b>(1 Fruit &amp; 1 Grain)</b> Fruit Cocktail (1/2 C) Goldfish (1/2 C)	11 <b>(1 Fruit &amp; 1 Grain)</b> Apple Slices (1/2C) Cheerios (1/2C)	12 <b>(2 Veggie)</b> Cucumber Salad Cucumbers and Tomato(1/2C) w/Balsamic Vinaigrette	13 <b>(1 Grain &amp; 1 Fruit)</b> Baked French Fries Fresh Fruit (1/2C)	14
15	16 <b>(1 Grain &amp; 1 Meat Alt)</b> Saltine Crackers (2 oz.) Spinach Dip (2 oz.)	17 <b>(1 Grain &amp; 1 Meat Alternate)</b> Chex Mix (1/2C) Cheese Stick (1/2 Serving)	18 <b>(1 Fruit &amp; 1 Grain)</b> Pineapples (1/2C) & Graham Crackers (1/2 serving)	19 <b>(1Grain)</b> Cream Cheese & Cucumber Sandwiches (1/2C)	20 <b>(1 Grain &amp; 1 Fruit)</b> Rice Cakes (1//4c) Apple Butter (2T)	21
22	23 <b>(1 Grain &amp; 1 Fruit)</b> Goldfish & Pears (1/2C)	24 <b>(1 Grain &amp; 1 Veggie)</b> Rice & Peas (1/2 Serving) Grape Juice (1/2C)	25 <b>(2 Fruit)</b> Sliced Mandarines & Blueberries (1/2C)	26 <b>(1 Protein &amp; 1 Fruit)</b> Chicken Nuggets (2 oz.) Fresh Fruit (1/2c)	27 <b>(2 Veggies)</b> Garden Salad Lettuce, shredded carrots, cucumbers (1/2C) Ranch dressing	28
29	30 <b>(1 Grain &amp; 1 Dairy)</b> Naan Bread Pizza (1/2)					