


Morning & Afternoon Snack

NASA Goddard Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Morning (1 Grain, 1 Fruit & 1 Dairy) Oatmeal bars (1/4 C) Fresh Fruit (1/2 C) 1% Milk (1/2 C)	Morning (1 Grain & 1 Dairy) Raisin Bran (1/4 Cup) 1% Milk (1/2c)	Morning (1 Meat alternate, 1 Fruit & 1 Dairy) Avocado Toast (1/2 Serving) Fresh Fruit (1/2C) 1% Milk (1/2c)	Morning (1 Fruit & 1 Dairy) Pineapples (1/4 C) 1% Milk (1/2c)	
		Afternoon (1 Fruit) Applesauce (1/2 C)	Afternoon (1 Protein & 1 Grain) Turkey (1/2 C) Tortilla (1/2 serving)	Afternoon (1 Fruit & 1 Grain) Oranges (1/2 C) Cheerios (1/2 C)	Afternoon (1 Grain & 1 Dairy) Goldfish (1/2 C) Cheese Cubes (1/2 oz)	
6	7	8	9	10	11	12
	Morning (1 Grain & 1 Dairy) Honey Bunches of Oats (1/4 C) 1% Milk (1/2 C)	Morning (1 Grain, 1 Fruit & 1 Dairy) Bagels (1/2 serving) Fresh Fruit (1/2C) 1% Milk (1/2 C)	Morning (1 Fruit, 1 Grain & 1 Dairy) Whole Grain Cereal (1/2C) Fresh Fruit (1/2C) 1% Milk (1/2C)	Morning (1 Fruit & 1 Dairy) Freshly Sliced Oranges (1/2C) 1% Milk (1/2C)	Morning (1 Grain & 1 Dairy) Croissant's w/butter (1/2 Serving) 1% Milk (1/2C)	
	Afternoon (1 Grain & 1 Meat Alt.) Pita Chips (2 oz.) Cream Cheese (2 T)	Afternoon (1 Fruit & 1 Grain) Canned Pears (1/2 C) Whole Grain Chex Mix (1/2 C)	Afternoon (2 Fruit) Fruit Salad Strawberries & Blueberries (1/2 C)	Afternoon (1 Meat Alt & 1 Fruit) Cheese Toast (1/2 Sandwich) 100% White Grape Juice (1 C)	Afternoon (1 Grain & 1 Fruit) Whole Wheat Crackers (1/4 C) Sliced Apples (1/2 oz.)	
13	14	15	16	17	18	19
	Closed Federal Holiday Columbus Day	Morning (1 Grain, 1 Fruit & 1 Dairy) Blueberry Muffin (1/2 Serving) 1% Milk (1/2C)	Morning (1 Grain & 1 Dairy) Cheerios (1/4 Cup) 1% Milk (1/2c)	Morning (2 Fruit & 1 Dairy) Fresh Strawberries (1/2C) Sliced Bananas (1/2 C) 1% Milk (1/2C)	Morning (1 Fruit & 2 Dairy) Vanilla Yogurt (1/4C) Blueberries (1/2C) 1% Milk (1/2C)	
		Afternoon (1 Dairy, 1 Fruit & 1 Vegetable) Sliced Cherry Tomatoes (1/4 C) Broccoli (1/2 C) Ranch Dressing (2T)	Afternoon (1 Fruit & 1 Grain) Applesauce (1/4 C) Graham Crackers (1/4 C)	Afternoon (1 Protein & 1 Fruit) Chicken Nuggets (2 oz) Ketchup (2 T)	Afternoon (1 Fruit) Fruit Cocktail (1/2 C)	
20	21	22	23	24	25	26
	Morning (1 Grain & 1 Dairy) Strawberry Special K (1/4 C) 1% Milk (1/2 C)	Morning (1 Grain, 1 Fruit & 1 Dairy) Wheat Toast (1/2 serving) Fresh Fruit (1/2C) 1% Milk (1/2 C)	Morning (1 Fruit & 1 Dairy) Apples (1/2C) 1% Milk (1/2 C)	Morning (1 Grain, 1 Fruit & 1 Dairy) Fruity Baked Oatmeal (1/4C) Fresh Fruit (1/2C) 1% Milk (1/2 C)	Morning (1 Grain, 1 Fruit & 1 Dairy) English Muffins (1/2 Serving) Jelly (2T) Milk (1/2C)	
	Afternoon (1 Fruit & 1 Grain) Canned Peaches (1/2 C) Saltine Crackers (1/2 C)	Afternoon (1 Fruit & 1 Grain) Sliced Apples (1/4 C) Fig Bars (1/2 serving)	Afternoon (1 Dairy & 1 Grain) Cheese Quesadilla (1/2 serving)	Afternoon (1 Fruit & 1 Dairy) Fresh Fruit (1/2 C) Vanilla Yogurt (1/2 C)	Afternoon (2 Fruit) Oranges (1/4 C) Raisins (2tps)	
27	28	29	30	31		
	Morning (1 Fruit & 1 Dairy) Oranges (1/4 C) 1% Milk (1/2 C)	Morning (1 Grain, 1 Fruit & 1 Dairy) Hashbrowns (1/4 C) Fresh Fruit (1/4C) 1% Milk (1/2 C)	Morning (1 Grain & 1 Dairy) Waffles (1/2 serving) 1% Milk (1/2 C)	Morning (1 Grain & 1 Dairy) Cheerios (1/4 C) 1% Milk (1/2 C)		
	Afternoon (1 Grain & 1 Fruit) Rice Cakes (1/4 C) Apple Butter (2 T)	Afternoon (1 Vegetable & 1 Grain) Hummus (1/2 C) Pita Chips (1/4 C)	Afternoon (1 Fruit & 1 Grain) Bananas (1/2 C) Vanilla Wafers (1/4 C)	Afternoon Fall Festival Harvest Hunting		