

Morning & Afternoon Snack

NASA Goddard Child Development Center

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday 1 | Saturday 2 |
|--------|--|--|---|---|---|---------------|
| | | | | | Morning (1 Grain & 1 Dairy) Raisin Bran (1/4C) 1% Milk (1/2C) Afternoon (1 Grain & 1 Fruit) Rice Cakes (1/4 C) Apple Butter (2 T) | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Morning (1 Grain & 1 Dairy) Cheerios (1/4 Cup) 1% Milk (1/2 C) Afternoon (1Vegetable) Vegetables Normandy (1/2 C) | Morning (1 Fruit & 1 Dairy) Vanilla Yogurt (1/4C) Fresh Fruit (1/2C) Afternoon (1 Grain, 1 Fruit) Pasta Noodles(1/4C) Marinara Sauce (2 oz) | Morning (1 Grain & 1 Dairy) French Toast Sticks (1/2 Serving) 1% Milk (1/2 C) Afternoon (2 Fruit) Pineapples (1/4 C) Raisins (1/4 C) | Morning (1 Grain & 1 Dairy) Rice Krispies (1/4 C) 1% Milk (1/2 C) Afternoon (1 Grain & 1 Fruit) Multigrain Bars (1/2 Serving) Fresh Fruit (1/2 C) | Morning (1 Grain & 1 Dairy) Corn Flakes (1/4 C) 1% Milk (1/2 C) Afternoon (1 Fruit & 1 Dairy) Yogurt (1/2 C) Blueberries (1/4 C) | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | Closed Federal Holiday Veteran's Day | Morning (1 Fruit & 1 Dairy) Bananas (1/2) 1% Milk (1/2C) Afternoon (1 Grain & 1 Fruit) Baked French Fries (1/4 C) Ketchup (2 T) | Morning (1 Grain & 1 Dairy) Whole Grain Cereal (1/4 C) 1% Milk (1/2 C) Afternoon (1 Meat & 1 Grain) Turkey (2 oz.) Tortilla (1/2 serving) | Morning (1 Fruit & 1 Dairy) Sliced Oranges (1/2 C) 1% Milk (1/2 C) Afternoon (1 Grain & 1 Dairy) Saltines (1/2 C.) Sliced Cheese (2 oz) | Morning (1 Grain & 1 Dairy) Croissants (1/2 serving) 1% Milk (1/2C) Afternoon (1 Fruit & 1 Grain) Mandarins (1/2 C) Goldfish (1/4 C) | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | Morning (1 Grain & 1 Dairy) Pancakes (1/2 serving) 1% Milk (1/2c) Afternoon (1 Grain & 1 Meat Alt) Ritz Crackers (2 oz.) Cream Cheese (2 oz.) | Morning (1 Grain & 1 Dairy) Cereal Bars (1/2 Serving) 1% Milk (1/2 C) Afternoon (1 Dairy & 1 Fruit) Cheese Sticks (1/2 Serving) Fresh Fruit (1/4 C) | Morning (1 Grain & 1 Dairy) Wheat Toast (1/2 serving) Apple Butter (1/4 C) 1% Milk (1/2 C) Afternoon (1 Fruit & 1 Grain) Fruit (1/4 C) Chex Mix (1/4 C) | Morning (1 Grain, 1 Fruit, & 1 Dairy) Blueberry Muffins (1/2 serving) 1% Milk (1/2 C) Afternoon (1 Vegetable & 1 meat Alt) Guacamole (1/4 C) Sweet Peppers (1/4 C) | Morning (1 Grain 1 Fruit & 1 Dairy) Oatmeal (1/4 C) Pineapples (1/4 C) 1% Milk (1/2C) Afternoon (1 Fruit & 1 Grain) Apple Butter (1/4C) Triscuits (2 oz.) | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | Morning (1 Grain & 1 Milk) Frosted Mini-Wheats (1/4 C) 1% Milk (1/2c) Afternoon (1 Grain & 1 Fruit) Pita Chips (1/4 C.) Apple Butter (2 T) | Morning (1 Fruit & 1 Dairy) Sliced Pears (1/2) 1% Milk (1/2C) Afternoon (1 Fruit & 1 Grain) Applesauce (1/4C) Cereal Mix (1/2C) | Morning (1 Fruit & 1 Dairy) Fruit (1/4C) Vanilla Yogurt (1/4C) Afternoon (2 Veggies) Corn and Peas (1/2C) | Closed Federal Holiday Thanksgiving Day | Closed Thanksgiving Break | |