

Morning & Afternoon Snack

NASA Goddard Child Development Center

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	
	Morning (1 Grain & 1 Dairy) Whole grain cereal (1/4C) 1% Milk (1/2C) Afternoon (1 Veggie) Sliced cucumbers (1/4 C) Tzatziki sauce (2T)	Morning (1 Grain & 1 Dairy) Raisin Bran (1/4C) 1% Milk (1/2C) Afternoon (1 Grain & 1 Fruit) Sliced Peaches (1/4 C) Triscuits (1/4 C)	Morning (1 Grain & 1 Dairy) Croissants (1/2 serving) 1% Milk (1/2C) Afternoon (1 Grain & 1 Meat) Sliced turkey (1/4 C) Tortilla (1/2 serving)	Morning (1 Grain & 1 Dairy) English Muffin (1/2 serving) 1% Milk (1/2C) Afternoon (1 Grain & 1 F) Rice Cakes (1/4 C) Sunflower Seed Butter (2 T)	Morning (1 Grain & 1 Dairy) Fig Bars (1 serving) 1% Milk (1/2 C) Afternoon (2 Fruits) Blueberries (1/4 C) Sliced Mandarins (1/2 C)		
8	Morning (1 Grain & 1 Dairy) Cheerios (1/4 Cup) 1% Milk (1/2 C) Afternoon (1 Vegetable) Vegetables Normandy (1/2 C)	Morning (1 Fruit & 2 Dairy) Yogurt (1/4C) Apple slices (1/2 C) 1% Milk (1/2 C) Afternoon (1 Grain & 1 Fruit) Multigrain Bars (1/2 Serving) Sliced bananas (1/2 C)	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 dairy) Cheese quesadillas (1/2 serving)	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)	14	
15	Morning (1 Grain, & 1 Dairy) Blueberry Muffin (1/2 Serving) 1% Milk (1/2C) Afternoon (1 Dairy, & 1 Fruit) Apple slices (1/2 C) Cheese slice (1/2 serving)	Morning (1 Grain,1Fruit & 1 Dairy) Whole grain cereal (1/2 C) 1% Milk (1/2C) Afternoon (1 Fruit & 1 Vegetable) Sliced Cherry Tomatoes (1/4 C) Steamed broccoli (1/2 C) Ranch Dressing (2T)	Morning (1 Grain & 1 Dairy) Bagel slice (1/2 serving) Cream cheese (2T) 1% Milk (1/2 C) Afternoon (1 Fruit & 1 Grain) Applesauce (1/4 C) Graham Crackers (1/4 C)	Morning (2 Fruit & 1 Dairy) Fresh Strawberries (1/2C) Sliced Bananas (1/2 C) 1% Milk (1/2C) Afternoon (1 Protein & 1 Fruit) Chicken Nuggets (2 oz) Ketchup (2 T)	Morning (1 Fruit & 2 Dairy) Cereal fruit bar (1 serving) 1% Milk (1/2C) Afternoon (1 Dairy & 1 Grain) Cheese sticks (1/2 C) Ritz crackers	20	21
22	Morning (1 Fruit & 2 Dairy) Sliced Kiwi (1/2 C) Chopped blackberries (1/2C) 1% Milk (1/2C) Afternoon (1 Fruit) Chex Mix (1/4 C) Fresh fruit (1/4 C)	23	24	25	26	27	28
Closed for Winter Break							
29	Closed for Winter Break		31				

