

Morning & Afternoon Snack

NASA Goddard Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Closed for New Year Day	Morning (1 Grain & 1 Dairy) Cheerios (1/4C) 1% Milk (1/2 C) Afternoon (1 Dairy & 1 Fruit) Vanilla Yogurt (1/4 C) Fresh fruit (1/4 C)	Morning (1 Grain & 1 Dairy) Frosted Mini Wheats (1/4C) 1% Milk (1/2 C) Afternoon (2 Fruits) Clementine (1/4 C) Raisins (2 T)	
5	6	7	8	9	10	11
	School Closed due to Winter Storm (NASA GSFC Closure)	School Closed due to Winter Storm (NASA GSFC Closure)	Morning (1 Grain & 1 Dairy & 1 Fruit) Whole Wheat Toast (1/2 Serving) Fresh Fruit (1/4 C) 1% Milk (1/2 C) Afternoon (1 Fruit) Fruit Salad (1/4 C)	School Closed in Observance of the passing of former President James (Jimmy) Carter (Federal Holiday)	Morning (1 Grain & 1 Dairy) Croissants w/vegan butter (1/2 serving) 1% Milk (1/2 C) Afternoon (1 Fruit & 1 Grain) Fresh Fruit (1/4 C) Goldfish crackers (1/4 C)	
12	13	14	15	16	17	18
	Morning (1 Grain & 1 Dairy) English Muffin (1/2 serving) 1% Milk (1/2 C) Afternoon (1 Grain & 1 Fruit) Applesauce (1/4 C) Saltine Crackers (1/2 serving)	Morning (1 Fruit & 2 Dairy) Vanilla Yogurt (1/4C) Fresh Fruit (1/4 C) 1% Milk (1/2 C) Afternoon (1 Grain, 1 Fruit) Sliced pears (1/4 C) Graham crackers (1/2 serving)	Morning (1 Grain & 1 Dairy) Cheerios (1/4 C) 1% Milk (1/2 C) Afternoon (1 Fruit & 1 Grain) Applesauce (1/4 C) Graham Crackers (1/2 serving)	Morning (1 Grain & 1 Dairy) Strawberry Special K (1/4 C) 1% Milk (1/2C) Afternoon (1 Dairy & 1 Grain) Cheese Bread (1/2 serving)	Morning (1 Grain & 1 Fruit) Fruity Oatmeal (1/4 C) 1% Milk (1/2 C) Afternoon (1 Fruit) Fruit Cocktail (1/4 C)	
19	20	21	22	23	24	25
	Closed in observance of Martin Luther King, Jr. Day	Morning (1 Grain & 1 Dairy) Hash browns (1/2 Serving) Ketchup (2 T) 1% Milk (1/2C) Afternoon (1 Grain & 1 Fruit) Rice Cakes (1/2 serving) Apple Butter (2 T)	Morning (1 Grain & 1 Dairy) Fig Bars (1/2 Serving) 1% Milk (1/2C) Afternoon (1 Dairy & 1 Grain) String cheese (1/2 serving) Chex Mix (1/4 C)	Morning (1 Grain,1Fruit & 1 Dairy) Raisin Bran Flakes (1/4 C) 1% Milk (1/2C) Afternoon (2 Fruits) Sliced Strawberries (1/4 C) Sliced bananas (1/4 C)	Morning (1 Grain & 1 Dairy) Cereal Bar (1/2 Serving) 1% Milk (1/2 C) Afternoon (1 Vegetable & 1 Grain) Tomato Soup (1/4 C) Oyster crackers (1/4 C)	
26	27	28	29	30	31	
	Morning (1 Grain & 1 Dairy) Strawberry Special K (1/4 C) 1% Milk (1/2 C) Afternoon (1 Grain & 1 Fruit) Pita Chips (1/4 C) Apple Butter (2 T)	Morning (1 Grain & 1 Dairy) Blueberry Muffin (1/2 Serving) 1% Milk (1/2 C) Afternoon (1 Grain & 1 Fruit) Spaghetti & marinara sauce (1/4 C)	Morning (1 Grain & 1 Dairy) Raisin Bran Flakes (1/4 C) 1% Milk (1/2C) Afternoon (1 Vegetable) Sliced Cucumbers (1/4 C) Ranch dressing (2T)	Morning (1 Grain & 1 Dairy) Whole Wheat Toast (1/2 Serving) 1% Milk (1/2C) Afternoon (1 Vegetable) Cubed butternut squash (1/4 C) w/ cinnamon sprinkle	Morning (1 Grain,1Fruit & 1 Dairy) Frosted Mini Wheats (1/4 C) 1% Milk (1/2C) Afternoon (1 Grain & 1 Fruit) Chex Mix (1/4 C) Fresh fruit (1/4 C)	