

Edgewater Preschool

Weekly Snack & Lunch Menu

July 11 th -15 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & Fresh Fruit	Cinnamon Greek Yogurt Dip & Apples	Cheerios & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
	Infant & Toddlers				
	Whole Grain Cracker & Fresh Fruit	Cinnamon Greek Yogurt Dip & Apples	Cheerios & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
Lunch	Split Pea Soup with Carrots, Tortilla, Melon & Milk	Cucumber and Cream Cheese Sandwich Oranges & Milk	Ground Beef with Broccoli, Brown Rice, Melon & Milk	Chicken, Veggies and Rice Soup, Apples & Milk	"Make Your Own Tacos" (Lettuce, tomatoes, cheese and chicken), Oranges & Milk
PM Snack	Preschool				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Multi-Grain Rice Crackers	Pears & Pita Bread	Pretzels & Bananas
	Infant & Toddlers				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Multi-Grain Rice Crackers	Pears & Pita Bread	Graham Crackers & Bananas

July 18 th – 22 nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Crackers & Fresh Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	<i>Cooking</i> Scrambled Eggs & Milk	Graham Crackers & Apples
	Infant & Toddlers				
	Whole Grain Crackers & Fresh Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	<i>Cooking</i> Scrambled Eggs & Milk	Graham Crackers & Apples
Lunch	Grilled Cheese Sandwich, Green Beans, Apples & Milk	Chicken, Noodle and Vegetables Casserole, Apples & Milk	Vegetable ,Beef & Rice Soup, Apples & Milk	Quesadillas Mixed Vegetables Pears & Milk	Chicken, Stir Fry Vegetables, Rice, Pears & Milk
PM Snack	Preschool				
	Cheerios & 100% Grape Juice	Graham Crackers & Oranges	Fresh Fruit & Pretzels	Banana and Milk Smoothie w/Oats	Hummus & Carrots
	Infant & Toddlers				
	Cheerios & 100% Grape Juice	Graham Crackers & Oranges	Fresh Fruit & Cereal	Banana and Milk Smoothie w/Oats	Hummus & Carrots

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily
Menu Subject to Change

Edgewater Preschool

Weekly Snack & Lunch Menu

July 25 th – 29 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Graham Crackers & Apples	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Pita Bread & Apples
	Infant & Toddlers				
	Graham Crackers & Apples	<i>Cooking</i> Waffles & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Pita Bread & Apples
Lunch	Chicken Nuggets “Tater Tots” Mixed Veggies Oranges & Milk	Broccoli & Beef, Potatoes, Pears & Milk	Chicken Noodle & Veggie Soup, Melon & Milk	Teriyaki Chicken, Brown Rice, Green Beans, Oranges & Milk	Lasagna, Pears & Milk
PM Snack	Preschool				
	Yogurt & Fresh Fruit	Cube Cheese & Pretzels	Wheat English Muffin & Fresh Fruit	Multi-Grain Rice Crackers & Bananas	Cheerios & Fresh Fruit
	Infant & Toddlers				
	Yogurt & Fresh Fruit	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Fresh Fruit	Multi-Grain Rice Crackers & Bananas	Cheerios & Fresh Fruit

August 1 st -5 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Quesadilla	Graham Crackers & Milk	Cheese Cubes & Apples
	Infant & Toddlers				
	Cereal & 100% Juice	Hummus & Carrots	Strips of Tortilla & Cheese	Graham Crackers & Milk	Cheese Cubes & Apples
Lunch	Lentil Soup, Tortilla, Baby Carrots, Pears & Milk	Baked Chicken, Mashed Potatoes, Green Beans, Melon & Milk	Spaghetti with Meat Sauce, Peas, Apples & Milk	Vegetable, Beef and Rice Soup, Oranges & Milk	Mac & Cheese, Mixed Vegetables, Pears & Milk
PM Snack	Preschool				
	Apples & Hard Boiled Eggs	Wheat English Muffin & Fresh Fruit	Whole Grain Crackers & Oranges	Yogurt & Apples	Pita Bread With Cream Cheese
	Infant & Toddlers				
	Apples & Hard Boiled Eggs	Wheat English Muffin & Fresh Fruit	Whole Grain Crackers & Oranges	Yogurt & Apples	Pita Bread With Cream Cheese

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Weekly Snack & Lunch Menu

August 8 th -12 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cube Cheese & Fresh Fruit	<i>Cooking</i> Tortilla with Butter & Milk
	Infant & Toddlers				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cottage Cheese & Whole Grain Crackers	Tortilla & Milk
Lunch	Turkey, Grilled Cheese Sandwich, Green Beans, Oranges & Milk	Pizza, Salad, Oranges & Milk	"Chili Con Carne" Broccoli, Apples & Milk	Baked Chicken, Brown Rice, Carrots, Melon & Milk	Chicken, Vegetables and Noodles Casserole Melon & Milk
PM Snack	Preschool				
	Whole Grain Cracker & 100% Pineapple Juice	Hard Boiled Egg & Cheerios	Oranges & Cheerios	Hummus & Pita Bread	Pretzels & Bananas
	Infant & Toddlers				
	Whole Grain Cracker & Cottage Cheese	Hard Boiled Egg & Cheerios	Oranges & Cheerios	Hummus & Pita Bread	Cheerios & Bananas

August 15 th – 19 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Fresh Fruit	<i>Cooking</i> Scrambled Eggs & Oranges	Graham Crackers & Milk	Apples & Wheat English Muffin	Pita Bread & Fresh Fruit
	Infant & Toddlers				
	Multi-Grain Rice Crackers & Fresh Fruit	<i>Cooking</i> Scrambled Eggs & Oranges	Graham Crackers & Milk	Apples & Wheat English Muffin	Pita Bread & Fresh Fruit
Lunch	Fish Sticks "Tater Tots" Green Beans Melon & Milk	Mac n 'Cheese Mixed Vegetables Apples & Milk	Chicken Quesadillas, Peas Oranges & Milk	"Make Your Own Tacos" (Lettuce, tomatoes, cheese and beef), Pears & Milk	Minestrone Soup Pears & Milk
PM Snack	Preschool				
	Cheese & Cheerios	Yogurt & Whole Grain Crackers	Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Hummus & Carrot Sticks
	Infant & Toddlers				
	Cheese & Cheerios	Yogurt & Whole Grain Crackers	Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Hummus & Carrot Sticks

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Weekly Snack & Lunch Menu

August 22 nd -26 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Fresh Fruit	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	<i>Cooking</i> Toast with Butter & Fresh Fruit	Yogurt & Fresh Fruit
	Infant & Toddlers				
	Multi-Grain Rice Crackers & Fresh Fruit	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Strips of Bread & Fresh Fruit	Yogurt & Fresh Fruit
Lunch	Turkey and Cheese Sandwich, Carrots, Melon & Milk	Split Pea Soup with carrots, Apples & Milk	Baked Chicken, Brown Rice, Mixed Veggies, Oranges & Milk	Pizza, Salad, Apples & Milk	Spaghetti with Meat Sauce, Peas, Apples & Milk
PM Snack	Preschool				
	Cheese Cubes & Pretzels	Graham Crackers & Melon	Hummus & Pita Bread	Cheerios & Bananas	Carrots sticks & Herb Greek Yogurt Dip
	Infant & Toddlers				
	Cheese Cubes & Whole Grain Crackers	Graham Crackers & Melon	Hummus & Pita Bread	Cheerios & Bananas	Carrots sticks & Herb Greek Yogurt Dip

August 29 th -Sept. 2 nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Oatmeal & Milk	Cheerios & Pears	Graham Crackers & Fresh Fruit
	Infant & Toddlers				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Oatmeal & Milk	Cheerios & Pears	Graham Crackers & Fresh Fruit
Lunch	Chicken Nuggets "Tater Tots" Carrots, Fresh Fruit & Milk	Meat Loaf Brown Rice Green Beans Melon & Milk	Lentil Soup, Carrots, Tortilla, Melon & Milk	BBQ Chicken, Mashed Potatoes, Mixed Vegetables, Pears & Milk	Macaroni & Beef, Peas, Apples & Milk
PM Snack	Preschool				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Pretzels & Cheese
	Infant & Toddlers				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Whole Grain Crackers & Cheese

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