

Edgewater Preschool

Weekly Snack & Lunch Menu

Jan. 5 th -9 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Bananas & Cheerios	<i>Cooking</i> Pancakes and milk	Cheese & Apples	Milk and Chex mix	<i>Cooking</i> Tortilla with Butter & Milk
	Toddlers				
	Bananas & Cheerios	<i>Cooking</i> Pancakes and milk	Cheese & Apples	Milk and Chex mix	Tortilla & Milk
Lunch	Macaroni & Beef, Broccoli Applesauce & Milk	Baked Chicken, Brown Rice, steamed veggies Pineapple & Milk	“Chili Con Carne”, corn, Pears & Milk	Chicken, Vegetables and Noodles Casserole Fruit & Milk	Beef, Vegetable & Rice Soup, Apples & Milk
PM Snack	Preschool				
	Whole Grain Crackers & Cheese	Pretzels & Bananas	Goldfish crackers & 100% Pineapple Juice	Hummus & Celery Sticks	Yogurt and Apples
	Toddlers				
	Whole Grain Crackers & Cheese	Cheerios & Bananas	Goldfish crackers & 100% Pineapple Juice Oranges & Cheerios	Hummus & Celery Sticks	Yogurt and Apples

Water is served throughout the day and with lunch and snacks

Menu Subject to Change

Jan. 12 th - Jan. 16 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & Fruit	<i>Cooking</i> Scrambled Eggs & Oranges	Graham Crackers & Milk	Apples & Wheat English Muffin	Wheat Thins & Fruit
	Toddlers				
	Cereal & Fruit	<i>Cooking</i> Scrambled Eggs & Oranges	Graham Crackers & Milk	Apples & Wheat English Muffin	Pita Bread & Fruit
Lunch	Fish Sticks “Tater Tots” Green Beans Melon & Milk	Pizza salad Apples & Milk	“Make Your Own Tacos” (Lettuce, tomatoes, cheese and beef), Pears & Milk	Chicken Quesadillas Mixed Vegetables Oranges & Milk	Minestrone Soup Pears & Milk
PM Snack	Preschool				
	Cheese & Wheat Thins	Yogurt & Whole Grain Crackers	Banana and Milk Smoothie	Herb Greek Yogurt Dip & Carrots	Hummus & Celery Sticks
	Toddlers				
	Cheese & Cheerios	Yogurt & Whole Grain Crackers	Banana and Milk Smoothie	Herb Greek Yogurt Dip & Carrots	Hummus & Celery Sticks

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Jan. 19 th - Jan. 23 rd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	SCHOOL CLOSED	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Cheese Cubes & Apples
	Toddlers				
	SCHOOL CLOSED	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Cheese Cubes & Apples
Lunch	SCHOOL CLOSED	Broccoli & Beef, rice, Pears & Milk	Chicken Noodle & Veggie Soup, Melon & Milk	Teriyaki Chicken, Brown Rice, Mixed Vegetables, Oranges & Milk	Lasagna, Pears & Milk
PM Snack	Preschool				
	SCHOOL CLOSED	Cube Cheese & Pretzels	Wheat English Muffin & Fresh Fruit	Chex Cereal & Bananas	Wheat Thins & Fresh Fruit
	Toddlers				
	SCHOOL CLOSED	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Fresh Fruit	Chex Cereal & Bananas	Cheerios & Fresh Fruit

Jan. 26 th - Jan. 30 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Quesadilla	Graham Crackers & Milk	Chex Cereal & Apples
	Toddlers				
	Cereal & 100% Juice	Hummus & Carrots	Strips of Tortilla & Cheese	Graham Crackers & Milk	Chex Cereal & Apples
Lunch	Turkey and Cheese Sandwich, Baby Carrots, Pears & Milk	Baked Chicken, Mashed Potatoes, Peas, Melon & Milk	Spaghetti with Meat Sauce, Peas, Apples & Milk	Vegetable, Beef and Barley Soup, Oranges & Milk	Teriyaki Chicken, Brown Rice, 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 & 100% Juice
	Toddlers				
	Apples & Hard Boiled Eggs	Wheat English Muffin & Fresh Fruit	Whole Grain Crackers & Oranges	Yogurt & Apples	Pita Bread With Cream Cheese & 100% Juice

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Feb. 2 nd - Feb. 6 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & 100% Pineapple Juice	Cinnamon Greek Yogurt Dip & Apples	Cottage Cheese & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
	Toddlers				
	Whole Grain Cracker & 100% Pineapple Juice	Cinnamon Greek Yogurt Dip & Apples	Cottage Cheese & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
Lunch	Split Pea Soup with Carrots Melon & Milk	BBQ Chicken, Brown Rice, Green Beans, Oranges & Milk	Ground Beef with Broccoli, Brown Rice, Melon & Milk	Chicken, Veggies and Barley Soup, Apples & Milk	“Make Your Own Tacos” (Lettuce, tomatoes, cheese and chicken), Oranges & Milk
PM Snack	Preschool				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Wheat Thins	Pears & Peta Bread	Pretzels & Bananas
	Toddlers				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Cheerios	Pears & Peta Bread	Graham Crackers & Bananas

Feb. 9 th - Feb. 13 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Fresh Fruit	Cube Cheese & Peta Bread	Cucumber Slices & Whole Grain Crackers	<i>Cooking</i> Scrambled Eggs & Milk	Graham Crackers & Apples
	Toddlers				
	Chex Cereal & Fresh Fruit	Cube Cheese & Peta Bread	Cucumber Slices & Whole Grain Crackers	Crackers & Milk	Graham Crackers & Apples
Lunch	Grilled Cheese Sandwich, Green Beans, Apples & Milk	Chicken, Noodle and Vegetables Casserole, Apples & Milk	Pizza, Salad, Oranges & Milk	Quesadillas Mixed Vegetables Pears & Milk	BBQ Chicken, brown rice, Veggies Pears & Milk
PM Snack	Preschool				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Pretzels	Hummus & Carrots
	Toddlers				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Cereal	Hummus & Carrots

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Feb. 16 th – Feb. 20 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	SCHOOL CLOSED	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	<i>Cooking</i> Toast with Butter & Fresh Fruit	Yogurt & Fresh Fruit
	Toddlers				
	SCHOOL CLOSED	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Strips of Bread & Fresh Fruit	Yogurt & Fresh Fruit
Lunch	SCHOOL CLOSED	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				
	SCHOOL CLOSED	Graham Crackers & Melon	Broccoli with Ranch & Peta Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip
	Toddlers				
	SCHOOL CLOSED	Graham Crackers & Melon	Broccoli with Ranch & Peta Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip