

Edgewater Preschool

Weekly Snack & Lunch Menu

Sept. 15 th -Sept, 22 nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Milk	Multi-Grain English muffins/jelly & Apple Juice	Bananas and yogurt	Whole wheat crackers & 100% fruit Juice	Cheddar Omelet & milk
	Toddlers				
	Cheerios & Milk	Multi-Grain English muffins/jelly & Apple Juice	Bananas and yogurt	Whole wheat crackers & 100% fruit Juice	Cheddar Omelet & milk
Lunch	Chicken Nuggets Tator Tots corn peaches & Milk	BBQ Chicken Rice Mixed Vegetables Pineapple & Milk	Spaghetti W/ meat Sauce Green Beans Pears & Milk	Chicken noodle soup with vegies Applesauce & Milk	Turkey and cheese sandwich Carrots with ranch Fruit & Milk
PM Snack	Preschool				
	Herbed yogurt dip & Veggie sticks	Tuna and whole wheat crackers	Apples & Cinnamon cream cheese dip	Veggie sticks w/hummus	Bananas and yogurt
	Toddlers				
	Herbed yogurt dip & Veggie sticks	Tuna and whole wheat crackers	Apples & Cinnamon cream cheese dip	Veggie sticks w/hummus	Bananas and yogurt

Water is served throughout the day and with lunch and snacks
Menu Subject to Change

Sept. 22 nd -26 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cheese & Fruit	Cooking Tortilla with Butter & Milk
	Toddlers				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cheese & Fruit	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, Apples & Milk	Chicken, Vegetables and Noodles Casserole Melon & Milk
PM Snack	Preschool				
	Whole Grain Cracker & 100% Pineapple Juice	Hard Boiled Egg & Wheat Thins	Oranges & Cheerios	Broccoli w/Ranch & Pita Bread	Pretzels & Bananas
	Toddlers				
	Whole Grain Cracker & 100% Pineapple Juice	Hard Boiled Egg & Cheerios	Oranges & Cheerios	Broccoli w/Ranch & Pita Bread	Cheerios & Bananas

Edgewater Preschool

Weekly Snack & Lunch Menu

Sept. 29 th -Oct. 3 rd	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	Mac n 'Cheese Mixed Vegetables 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

Water is served throughout the day and with lunch and snacks

Menu Subject to Change

Oct. 6 th -Oct. 10 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Apples	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Cheese Cubes & Apples
	Toddlers				
	Chex Cereal & Apples	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Cheese Cubes & 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, Mixed Vegetables, Oranges & Milk	Lasagna, Pears & Milk
PM Snack	Preschool				
	Yogurt & Fresh Fruit	Cube Cheese & Pretzels	Wheat English Muffin & Fresh Fruit	Chex Cereal & Bananas	Wheat Thins & Fresh Fruit
	Toddlers				
	Yogurt & Fresh Fruit	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Fresh Fruit	Chex Cereal & Bananas	Cheerios & Fresh Fruit

Edgewater Preschool

Weekly Snack & Lunch Menu

Oct. 13 th -Oct. 17 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Quesadilla	Graham Crackers & Milk	Chex Cereal & Apples
	Infant & 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
	Infant & Toddlers				
	Apples & Hard Boiled Eggs	Wheat English Muffin & Fresh Fruit	Whole Grain Crackers & Oranges	Yogurt & Apples	Pita Bread With Cream Cheese & 100% Juice

Water is served throughout the day and with lunch and snacks

Menu Subject to Change

Oct. 20 th -Oct. 24 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
	Infant & 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
	Infant & Toddlers				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Cheerios	Pears & Peta Bread	Graham Crackers & Bananas

Oct. 27 th -Oct. 31 st	Monday	Tuesday	Wednesday	Thursday	Friday
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Weekly Snack & Lunch Menu

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
	Infant & 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	Vegetable ,Beef & Rice Soup, Apples & Milk	Quesadillas Mixed Vegetables Pears & Milk	Chicken, Stir Fry Vegetables, Pears & Milk
PM Snack	Preschool				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Pretzels	Hummus & Celery
	Infant & Toddlers				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Cereal	Hummus & Celery

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Menu Subject to Change

Nov. 3 rd – 7 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Wheat Thins & 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				
	Wheat Thins & 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, Celery with Ranch, 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	Broccoli with Ranch & Peta Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip
	Infant & Toddlers				
	Cheese Cubes & Whole Grain Crackers	Graham Crackers & Melon	Broccoli with Ranch & Peta Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip

Edgewater Preschool

Weekly Snack & Lunch Menu

Nov. 10 th – 14 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	SCHOOL CLOSED	<i>Cooking</i> Oatmeal & Milk	Chex Cereal & Milk	Graham Crackers & Fresh Fruit
	Infant & Toddlers				
	Cereal & 100% Juice		<i>Cooking</i> Oatmeal & Milk	Chex Cereal & Milk	Graham Crackers & Fresh Fruit
Lunch	Chicken Nuggets “Tater Tots” Carrots, Fresh Fruit & Milk	VETERAN’S DAY SCHOOL CLOSED	Lentil Soup, Melon & Milk	Baked Chicken, Mashed Potatoes, Mixed Vegetables, Pears & Milk	Macaroni & Beef, Peas, Apples & Milk
PM Snack	Preschool				
	Whole Grain Crackers & Oranges	SCHOOL CLOSED	Greek Yogurt Cinnamon Dip & Apples	Wheat Thins & Pears	Pretzels & Cheese
	Infant & Toddlers				
	Whole Grain Crackers & Oranges	SCHOOL CLOSED	Greek Yogurt Cinnamon Dip & Apples	Cereal & Pears	Whole Grain Crackers & Cheese

Water is served throughout the day and with lunch and snacks

Menu Subject to Change