

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 salad 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 yogurt dip | Veggie sticks w/hummus | Bananas and yogurt |
| | Toddlers | | | | |
| | Herbed yogurt dip & Veggie sticks | Tuna and whole wheat crackers | Apples & Cinnamon yogurt 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 | <i>Cooking</i> 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 |

Edgewater Preschool

Weekly Snack & Lunch Menu

| Oct. 27 th -Oct. 31 st | 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 |
| | 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 |

Water is served throughout the day and with lunch and snacks
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