

## Edgewater Preschool

### Weekly Snack & Lunch Menu

Sept. 22 <sup>nd</sup> -26 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cheese & Apples	<i>Cooking</i> Tortilla with Butter & Milk
	<b>Toddlers</b>				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cheese & Apples	Tortilla & Milk
<b>Lunch</b>	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
<b>PM Snack</b>	<b>Preschool</b>				
	Whole Grain Cracker & 100% Pineapple Juice	Hard Boiled Egg & Wheat Thins	Oranges & Cheerios	Broccoli w/Ranch & Pita Bread	Pretzels & Bananas
	<b>Toddlers</b>				
	Whole Grain Cracker & 100% Pineapple Juice	Hard Boiled Egg & Cheerios	Oranges & Cheerios	Broccoli w/Ranch & Pita Bread	Cheerios & Bananas

Sept. 29 <sup>th</sup> -Oct. 3 <sup>rd</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Cereal & Fruit	<i>Cooking</i> Scrambled Eggs & Oranges	Graham Crackers & Milk	Apples & Wheat English Muffin	Wheat Thins & Fruit
	<b>Toddlers</b>				
	Cereal & Fruit	<i>Cooking</i> Scrambled Eggs & Oranges	Graham Crackers & Milk	Apples & Wheat English Muffin	Pita Bread & Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	<b>Preschool</b>				
	Cheese & Wheat Thins	Yogurt & Whole Grain Crackers	Banana and Milk Smoothie	Herb Greek Yogurt Dip & Carrots	Hummus & Celery Sticks
	<b>Toddlers</b>				
	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**

## Edgewater Preschool

### Weekly Snack & Lunch Menu

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

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

### Weekly Snack & Lunch Menu

Oct. 20 <sup>th</sup> -Oct. 24 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Whole Grain Cracker & 100% Pineapple Juice	Cinnamon Greek Yogurt Dip & Apples	Cottage Cheese & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
	<b>Infant &amp; Toddlers</b>				
	Whole Grain Cracker & 100% Pineapple Juice	Cinnamon Greek Yogurt Dip & Apples	Cottage Cheese & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
<b>Lunch</b>	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
<b>PM Snack</b>	<b>Preschool</b>				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Wheat Thins	Pears & Peta Bread	Pretzels & Bananas
	<b>Infant &amp; Toddlers</b>				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Cheerios	Pears & Peta Bread	Graham Crackers & Bananas

Oct. 27 <sup>th</sup> -Oct. 31 <sup>st</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Chex Cereal & Fresh Fruit	Cube Cheese & Peta Bread	Cucumber Slices & Whole Grain Crackers	<i>Cooking</i> Scrambled Eggs & Milk	Graham Crackers & Apples
	<b>Infant &amp; Toddlers</b>				
	Chex Cereal & Fresh Fruit	Cube Cheese & Peta Bread	Cucumber Slices & Whole Grain Crackers	Crackers & Milk	Graham Crackers & Apples
<b>Lunch</b>	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
<b>PM Snack</b>	<b>Preschool</b>				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Pretzels	Hummus & Celery
	<b>Infant &amp; Toddlers</b>				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Cereal	Hummus & Celery

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## Edgewater Preschool

### Weekly Snack & Lunch Menu

Nov. 3 <sup>rd</sup> – 7 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	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
	<b>Infant &amp; Toddlers</b>				
	Wheat Thins & Fresh Fruit	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Strips of Bread & Fresh Fruit	Yogurt & Fresh Fruit
<b>Lunch</b>	Turkey and Cheese Sandwich, Celery w/dip, 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
<b>PM Snack</b>	<b>Preschool</b>				
	Cheese Cubes & Pretzels	Graham Crackers & Melon	Broccoli with Ranch & Peta Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip
	<b>Infant &amp; Toddlers</b>				
	Cheese Cubes & Whole Grain Crackers	Graham Crackers & Melon	Broccoli with Ranch & Peta Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip

Nov. 10 <sup>th</sup> – 14 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Cereal & 100% Juice	SCHOOL CLOSED	<i>Cooking</i> Oatmeal & Milk	Chex Cereal & Milk	Graham Crackers & Fresh Fruit
	<b>Infant &amp; Toddlers</b>				
	Cereal & 100% Juice		<i>Cooking</i> Oatmeal & Milk	Chex Cereal & Milk	Graham Crackers & Fresh Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	<b>Preschool</b>				
	Whole Grain Crackers & Oranges	SCHOOL CLOSED	Greek Yogurt Cinnamon Dip & Apples	Wheat Thins & Pears	Pretzels & Cheese
	<b>Infant &amp; Toddlers</b>				
	Whole Grain Crackers & Oranges	SCHOOL CLOSED	Greek Yogurt Cinnamon Dip & Apples	Cereal & Pears	Whole Grain Crackers & Cheese

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