

Edgewater Preschool

Weekly Snack & Lunch Menu

Feb. 23 rd – Feb. 27 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cube Cheese & Fresh Fruit	Cooking Tortilla with Butter & Milk
	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	Mac n 'Cheese Mixed Vegetables Apples & 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

March 2 nd – 6 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cooking Scrambled Eggs & Oranges	Chex Cereal & Fresh Fruit	Graham Crackers & Milk	Apples & Wheat English Muffin	Wheat Thins & Fresh Fruit
	Toddlers				
	Cooking Scrambled Eggs & Oranges	Chex Cereal & Fresh Fruit	Graham Crackers & Milk	Apples & Wheat English Muffin	Pita Bread & Fresh Fruit
Lunch	Fish Sticks "Tater Tots" Green Beans Melon & Milk	Pizza, Salad, Oranges & 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 & Cucumber Slices	Hummus & Celery Sticks
	Toddlers				
	Cheese & Cheerios	Yogurt & Whole Grain Crackers	Banana and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Hummus & Carrots Sticks

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March 9 th – 13 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Apples	Cooking Pancakes & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Cheese Cubes & Apples
	Toddlers				
	Chex Cereal & Apples	Cooking Waffles & 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

March 16 th – 20 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cooking Quesadilla	Hummus & Carrots	Cereal & 100% Juice	Graham Crackers & Milk	Chex Cereal & Apples
	Toddlers				
	Strips of Tortilla & Cheese	Hummus & Carrots	Cereal & 100% Juice	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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Weekly Snack & Lunch Menu

March 30 th – April 3 rd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & 100% Pineapple Juice	Cinnamon Greek Yogurt Dip & Apples	Cooking Waffles & Milk	SCHOOL CLOSED	Cheese Cubes & Fresh Fruit
	Toddlers				
	Whole Grain Cracker & 100% Pineapple Juice	Cinnamon Greek Yogurt Dip & Apples	Cooking Waffles & Milk	SCHOOL CLOSED	Cottage Cheese & Whole Grain Crackers
Lunch	Split Pea Soup with Carrots Melon & Milk	BBQ Chicken, Brown Rice, Green Beans, Oranges & Milk	Ground Beef with Broccoli, Brown Rice, Melon & Milk	SCHOOL CLOSED	“Make Your Own Tacos” (Lettuce, tomatoes, cheese and chicken), Oranges & Milk
PM Snack	Preschool				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Wheat Thins	SCHOOL CLOSED	Pretzels & Bananas
	Toddlers				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Cheerios	SCHOOL CLOSED	Graham Crackers & Bananas
April 6 th – 10 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Fresh Fruit	Cube Cheese & Pita Bread	Cucumber Slices & Whole Grain Crackers	Cooking Scrambled Eggs & Milk	Graham Crackers & Apples
	Toddlers				
	Chex Cereal & Fresh Fruit	Cube Cheese & Pita Bread	Cucumber Slices & Whole Grain Crackers	Cooking 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, Pears & Milk
PM Snack	Preschool				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Pretzels	Hummus & Celery
	Toddlers				
	Wheat Thins & 100% Grape Juice	Banana and Milk Smoothie w/Oats	Chex Cereal & Oranges	100% Juice & Cereal	Hummus & Carrots

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April 8 th – 12 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Wheat Thins & Fresh Fruit	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Cooking Toast with Butter & Fresh Fruit	Yogurt & Fresh Fruit
	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 & Pita Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip
	Toddlers				
	Cheese Cubes & Whole Grain Crackers	Graham Crackers & Melon	Broccoli with Ranch & Pita Bread	Chex Cereal & Bananas	Carrots sticks & Herb Greek Yogurt Dip

April 15 th – 19 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	Hummus & Carrots	Cooking Oatmeal & Milk	Chex Cereal & Milk	Graham Crackers & Fresh Fruit
	Toddlers				
	Cereal & 100% Juice	Hummus & Carrots	Cooking Oatmeal & Milk	Chex Cereal & Milk	Graham Crackers & Fresh Fruit
Lunch	Chicken Nuggets "Tater Tots" Carrots, Fresh Fruit & Milk	Meat Loaf Brown Rice Broccoli, Melon & Milk	Lentil Soup, Melon & Milk	Baked Chicken, Mashed Potatoes, Mixed Vegetables, Pears & Milk	Macaroni & Beef, Peas, Apples & Milk
PM Snack	Preschool				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Tomato Salad	Greek Yogurt Cinnamon Dip & Apples	Wheat Thins & Pears	Pretzels & Cheese
	Toddlers				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Tomato Salad	Greek Yogurt Cinnamon Dip & Apples	Cereal & Pears	Whole Grain Crackers & Cheese

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