Weekly Snack & Lunch Menu

June 15 th – 19 th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Yogurt &	Graham	Herb Greek	Cheese &	Cooking	
	Apples	Crackers	Yogurt Dip &	Apples	Tortilla with	
AM Snack		& Pears	Carrots		Butter & Milk	
			Toddlers			
	Yogurt &	Graham	Herb Greek	Cheese &	Tortilla	
	Apples	Crackers	Yogurt Dip &	Apples	& Milk	
		& Pears	Carrots			
	Turkey Grilled	Pizza,	"Chili Con	Baked Chicken,	Chicken,	
	Cheese	Salad,	Carne" Broccoli,	Brown Rice,	Vegetables and	
Lunch	Sandwich, Green	Oranges & Milk	Apples & Milk	Carrots, Apples	Noodles	
	Beans, Oranges			& Milk	Casserole	
	& Milk				Melon & Milk	
	Preschool					
	Whole Grain	Hard Boiled Egg	Oranges &	Broccoli	Pretzels &	
	Cracker & 100%	& Wheat Thins	Cheerios	w/Ranch & Pita	Bananas	
PM Snack	Pineapple Juice			Bread		
	Toddlers					
	Whole Grain	Hard Boiled Egg	Oranges &	Broccoli	Cheerios &	
	Cracker & 100%	& Cheerios	Cheerios	w/Ranch & Pita	Bananas	
	Pineapple Juice			Bread		

June 22nd – 26th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal	Cooking	Graham	Apples & Wheat	Pita Bread &	
	&	Scrambled Eggs	Crackers & Milk	English Muffin	Fruit	
AM Snack	Fruit	& Oranges				
	Cereal & & FruitCooking Scrambled Eggs & OrangesGraham Crackers & MilkApples & Wheat English MuffinPita Bread & FruitCereal & & & & Cereal & & & & FruitCooking Scrambled Eggs & OrangesGraham Graham Crackers & MilkApples & Wheat English MuffinPita Bread & FruitCereal & & & FruitCooking Scrambled Eggs & OrangesGraham Crackers & MilkApples & Wheat English MuffinPita Bread & FruitFish Sticks "Tater Tots" Green Beans Melon & MilkMac n 'Cheese Vegetables Apples & MilkMixed Own Tacos" (Lettuce, tomatoes, cheese and beef), Pears & MilkMinestrone Soup Pears & MilkCheese & PretzelsYogurt & Whole Grain CrackersBanana and Milk SmoothieHerb Greek Yogurt Dip & Celery Sticks					
	Cereal	Cooking	Graham	Apples & Wheat	Pita Bread &	
	&	Scrambled Eggs	Crackers &	English Muffin	Fruit	
	Fruit	& Oranges	Milk			
	Fish Sticks	Mac n 'Cheese	"Make Your	Chicken	Minestrone Soup	
	"Tater Tots"	Mixed	Own Tacos"	Quesadillas	Pears & Milk	
Lunch	Green Beans	Vegetables	(Lettuce,	Mixed		
	Melon & Milk	Apples & Milk	tomatoes, cheese	Vegetables		
			and beef), Pears	Oranges & Milk		
			& Milk			
	Preschool					
	Cheese &	Yogurt & Whole	Banana and Milk	Herb Greek	Hummus &	
	Pretzels	Grain Crackers	Smoothie	Yogurt Dip &	Celery Sticks	
PM Snack				Carrots		
			Toddlers			
	Cheese &	Yogurt & Whole	Banana and Milk	Herb Greek	Hummus &	
	Cheerios	Grain Crackers	Smoothie	Yogurt Dip &	Celery Sticks	
				Carrots		

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Edgewater Preschool 5270 E. Atherton Street Long Beach, California 90815 www.edgewaterpreschool.com (562) 597-5913 Phone (562) 597-6499 Fax

Weekly Snack & Lunch Menu

June 29 th – July 3 rd	Monday	Tuesday	Wednesday	Thursday	Friday	
		· · ·	Preschool			
	Cereal	Cooking	Cucumber Slices	Bagels with	Holiday	
	& Apples	Pancakes &	&	Cream Cheese &	Closed	
AM Snack		Milk	Hummus	100% Orange		
				Juice		
			Toddlers			
	Cereal	Cooking	Cucumber Slices	Bagels with	Holiday	
	&	Pancakes &	&	Cream Cheese &	Closed	
	Apples	Milk	Hummus	100% Orange		
				Juice		
	Chicken	Broccoli & Beef,	Chicken Noodle	Teriyaki		
Lunch	Nuggets	Potatoes,	& Veggie Soup,	Chicken,	Holiday	
	"Tater Tots"	Pears	Melon	Brown Rice,	Closed	
	Mixed Veggies	& Milk	& Milk	Mixed		
	Oranges & Milk			Vegetables,		
				Oranges & Milk		
		-	Preschool			
	Yogurt	Cube Cheese &	Wheat English	Chex Cereal	Holiday	
	& Fresh Fruit	Pretzels	Muffin	& Bananas	Closed	
PM Snack			& Fresh Fruit			
	Toddlers					
	Yogurt	Cube Cheese &	Wheat English	Chex Cereal	Holiday	
	&	Whole Grain	Muffin	&	Closed	
	Fresh Fruit	Cracker	& Fresh Fruit	Bananas		

July 6 th – 10 th	Monday	Tuesday	Wednesday	Thursday	Friday	
		·	Preschool	·		
	Cereal	Hummus &	Cooking	Graham	Cereal &	
	& 100% Juice	Carrots	Quesadilla	Crackers & Milk	Apples	
AM Snack	Infant & Toddlers					
	Cereal	Hummus &	Strips of Tortilla	Graham	Cereal &	
	&	Carrots	& Cheese	Crackers	Apples	
	100% Juice			& Milk		
	Turkey and	Baked Chicken,	Spaghetti with	Vegetable, Beef	Teriyaki	
	Cheese	Mashed	Meat Sauce,	and Barley	Chicken,	
Lunch	Sandwich,	Potatoes, Peas,	Peas, Apples	Soup, Oranges	Brown Rice,	
	Baby Carrots,	Melon & Milk	& Milk	& Milk	Mixed	
	Pears & Milk				Vegetables,	
					Pears & Milk	
	Preschool					
	Apples	Wheat English	Whole Grain	Yogurt &	Pita Bread	
	&	Muffin	Crackers	Apples	With Cream	
PM Snack	Hard Boiled	&	&		Cheese & 100%	
	Eggs	Fresh Fruit	Oranges		Juice	
	Infant & Toddlers					
	Apples	Wheat English	Whole Grain	Yogurt &	Pita Bread	
	&	Muffin	Crackers	Apples	With Cream	
	Hard Boiled	&	&		Cheese & 100%	
	Eggs	Fresh Fruit	Oranges		Juice	

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Weekly Snack & Lunch Menu

July 13 th – 17 th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Whole Grain	Cinnamon Greek	Cottage Cheese	Hummus &	Cooking	
	Cracker & 100&	Yogurt Dip &	& Fresh Fruit	Carrots	Waffles & Milk	
AM Snack	Pineapple Juice	Apples				
			Infant & Toddlers			
	Whole Grain	Cinnamon Greek	Cottage Cheese	Hummus &	Cooking	
	Cracker & 100&	Yogurt Dip &	& Fresh Fruit	Carrots	Waffles & Milk	
	Pineapple Juice	Apples				
	Split Pea Soup	BBQ Chicken,	Ground Beef	"Make Your	Chicken,	
Lunch	with Carrots	Brown Rice,	with Broccoli,	Own Tacos"	Veggies and	
	Melon & Milk	Green Beans,	Brown Rice,	(Lettuce,	Rice Soup,	
		Oranges & Milk	Melon & Milk	tomatoes, cheese	Apples & Milk	
				and chicken),		
				Oranges & Milk		
	Preschool					
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Pita	Pretzels	
	Apples	Pears	Whole Grain	Bread	&Bananas	
PM Snack			Crackers			
	Infant & Toddlers					
	Yogurt &	Cheese Cubes &	Oranges &	Pears & Pita	Graham	
	Apples	Pears	Cheerios	Bread	Crackers	
					& Bananas	

July $20^{\text{th}} - 24^{\text{th}}$	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal &	Cube Cheese &	Cucumber Slices	Cooking	Graham	
	100% Juice	Pita Bread	& Whole Grain	Scrambled Eggs	Crackers &	
AM Snack			Crackers	& Milk	Apples	
			Toddlers			
	Cereal &	Cube Cheese &	Cucumber Slices	Crackers	Graham	
	100% Juice	Pita Bread	& Whole Grain	& Milk	Crackers &	
			Crackers		Apples	
	Chicken	Broccoli & Beef,	Vegetable ,Beef	Quesadillas	Chicken, Stir	
Lunch	Nuggets	Rice, Oranges &	& Rice Soup,	Mixed	Fry Vegetables,	
	"Tater Tots"	Milk	Apples & Milk	Vegetables	Rice, Pears &	
	Carrots, Fresh			Pears & Milk	Milk	
	Fruit & Milk					
	Preschool					
	Graham	Banana and Milk	Cereal &	100% Juice &	Hummus &	
	Crackers & Milk	Smoothie	Oranges	Pretzels	Carrots	
PM Snack		w/Oats				
	Toddlers					
	Graham	Banana and Milk	Cereal &	100% Juice &	Hummus &	
	Crackers & Milk	Smoothie	Oranges	Cereal	Carrots	
		w/Oats				

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Weekly Snack & Lunch Menu

July $27^{th} - 31^{st}$	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Pita Bread &	Oranges &	Bagel,	Cooking	Yogurt & Fresh		
	Fresh Fruit	Wheat English	Cream Cheese	Toast with	Fruit		
AM Snack		Muffin	& 100% Orange	Butter &			
			Juice	Fresh Fruit			
			Toddlers				
	Pita Bread &	Oranges &	Bagel,		Yogurt & Fresh		
	Fresh Fruit	Wheat English	Cream Cheese	Strips of Bread	Fruit		
		Muffin	& 100% Orange	& Fresh Fruit			
			Juice				
	Turkey and	Split Pea Soup	Baked Chicken,	Pizza, Salad,	Spaghetti with		
Lunch	Cheese	with carrots,	Brown Rice,	Apples & Milk	Meat Sauce,		
	Sandwich,	Apples & Milk	Mixed Veggies,		Peas, Apples &		
	Celery w/dip,		Oranges & Milk		Milk		
	Melon & Milk						
	Preschool						
	Cheese Cubes &	Graham	Broccoli with	Cereal &	Carrots sticks &		
	Pretzels	Crackers	Ranch & Peta	Bananas	Herb Greek		
PM Snack		&	Bread		Yogurt Dip		
		Melon					
	Toddlers						
	Cheese Cubes &	Graham	Broccoli with	Cereal &	Carrots sticks &		
	Whole Grain	Crackers	Ranch & Peta	Bananas	Herb Greek		
	Crackers	&	Bread		Yogurt Dip		
		Melon					

August $3^{rd} - 7^{th}$	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Cereal	Whole Grain	Cooking	Cereal & Milk	Graham	
	&	Crackers &	Oatmeal & Milk		Crackers	
AM Snack	100% Juice	Fresh Fruit			& Fresh Fruit	
			Toddlers			
	Cereal	Whole Grain	Cooking	Cereal & Milk	Graham	
	&	Crackers &	Oatmeal & Milk		Crackers	
	100% Juice	Fresh Fruit			& Fresh Fruit	
	Grilled Cheese	Chicken, Noodle	Lentil Soup,	Baked Chicken,	Macaroni &	
Lunch	Sandwich,	and Vegetables	Melon & Milk	Mashed	Beef,	
	Green Beans,	Casserole,		Potatoes,	Peas,	
	Apples & Milk	Apples & Milk		Mixed	Apples	
				Vegetables,	& Milk	
				Pears		
				& Milk		
	Preschool					
	Whole Grain	Cheerios &	Greek Yogurt	Wheat Thins &	Pretzels &	
	Crackers &	100% Grape	Cinnamon Dip	Pears	Cheese	
PM Snack	Oranges	Juice	& Apples			
	Toddlers					
	Whole Grain	Cheerios &	Greek Yogurt	Cereal & Pears	Whole Grain	
	Crackers &	100% Grape	Cinnamon Dip		Crackers &	
	Oranges	Juice	& Apples		Cheese	

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