

# Edgewater Preschool

## Weekly Snack & Lunch Menu

Oct. 5 <sup>th</sup> - Oct. 9 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Whole Grain Cracker & Fresh Fruit	Cinnamon Greek Yogurt Dip & Apples	Cheerios & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
	<b>Infant &amp; Toddlers</b>				
	Whole Grain Cracker & Fresh Fruit	Cinnamon Greek Yogurt Dip & Apples	Cheerios & Fresh Fruit	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
<b>Lunch</b>	Split Pea Soup with Carrots, Tortilla, Melon & Milk	Cucumber and Cream Cheese Sandwich Oranges & Milk	Ground Beef with Broccoli, Brown Rice, Melon & Milk	Chicken, Veggies and Rice 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 & Multi-Grain Rice Crackers	Pears & Pita Bread	Pretzels & Bananas
	<b>Infant &amp; Toddlers</b>				
	Yogurt & Apples	Cheese Cubes & Pears	Oranges & Multi-Grain Rice Crackers	Pears & Pita Bread	Graham Crackers & Bananas

Oct. 12 <sup>th</sup> - Oct. 16 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Whole Grain Crackers & Fresh Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	<i>Cooking</i> Scrambled Eggs & Milk	Graham Crackers & Apples
	<b>Infant &amp; Toddlers</b>				
	Whole Grain Crackers & Fresh Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	<i>Cooking</i> Scrambled Eggs & 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, Rice, Pears & Milk
<b>PM Snack</b>	<b>Preschool</b>				
	Cheerios & 100% Grape Juice	Graham Crackers & Oranges	Fresh Fruit & Pretzels	Banana and Milk Smoothie w/Oats	Hummus & Carrots
	<b>Infant &amp; Toddlers</b>				
	Cheerios & 100% Grape Juice	Graham Crackers & Oranges	Fresh Fruit & Cereal	Banana and Milk Smoothie w/Oats	Hummus & Carrots

**Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily**  
**Menu Subject to Change**

# Edgewater Preschool

## Weekly Snack & Lunch Menu

Oct. 19 <sup>th</sup> -Oct. 23 <sup>rd</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Graham Crackers & Apples	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Pita Bread & Apples
	<b>Infant &amp; Toddlers</b>				
	Graham Crackers & Apples	<i>Cooking</i> Waffles & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Pita Bread & 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, Green Beans, Oranges & Milk	Lasagna, Pears & Milk
<b>PM Snack</b>	<b>Preschool</b>				
	Yogurt & Fresh Fruit	Cube Cheese & Pretzels	Wheat English Muffin & Fresh Fruit	Multi-Grain Rice Crackers & Bananas	Cheerios & Fresh Fruit
	<b>Infant &amp; Toddlers</b>				
	Yogurt & Fresh Fruit	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Fresh Fruit	Multi-Grain Rice Crackers & Bananas	Cheerios & Fresh Fruit

Oct. 26 <sup>th</sup> -Oct. 30 <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	Cheese Cubes & Apples
	<b>Infant &amp; Toddlers</b>				
	Cereal & 100% Juice	Hummus & Carrots	Strips of Tortilla & Cheese	Graham Crackers & Milk	Cheese Cubes & Apples
<b>Lunch</b>	Lentil Soup, Tortilla, Baby Carrots, Pears & Milk	Baked Chicken, Mashed Potatoes, Green Beans, Melon & Milk	Spaghetti with Meat Sauce, Peas, Apples & Milk	Vegetable, Beef and Rice Soup, Oranges & Milk	Mac & Cheese, 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
	<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

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# Edgewater Preschool

## Weekly Snack & Lunch Menu

Nov. 2 <sup>nd</sup> - Nov.6th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cube Cheese & Fresh Fruit	<b>Cooking</b> Tortilla with Butter & Milk
	<b>Infant &amp; Toddlers</b>				
	Yogurt & Apples	Graham Crackers & Pears	Herb Greek Yogurt Dip & Carrots	Cottage Cheese & Whole Grain Crackers	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, Melon & Milk	Chicken, Vegetables and Noodles Casserole Melon & Milk
<b>PM Snack</b>	<b>Preschool</b>				
	Whole Grain Cracker & 100% Pineapple Juice	Hard Boiled Egg & Cheerios	Oranges & Cheerios	Hummus & Pita Bread	Pretzels & Bananas
	<b>Infant &amp; Toddlers</b>				
	Whole Grain Cracker & Cottage Cheese	Hard Boiled Egg & Cheerios	Oranges & Cheerios	Hummus & Pita Bread	Cheerios & Bananas

Nov. 9 <sup>th</sup> -Nov. 13th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Multi-Grain Rice Crackers & Fresh Fruit	<b>Cooking</b> Scrambled Eggs & Oranges	<b>School Closed</b>	Apples & Wheat English Muffin	Pita Bread & Fresh Fruit
	<b>Infant &amp; Toddlers</b>				
	Multi-Grain Rice Crackers & Fresh Fruit	<b>Cooking</b> Scrambled Eggs & Oranges	<b>School Closed</b>	Apples & Wheat English Muffin	Pita Bread & Fresh Fruit
<b>Lunch</b>	Fish Sticks “Tater Tots” Green Beans Melon & Milk	Mac n `Cheese Mixed Vegetables Apples & Milk	<b>School Closed</b>	<b>Friendship Feast:</b> Chicken, Mash potato, Corn, Bean casserole, pumpkin pie	Minestrone Soup Pears & Milk
<b>PM Snack</b>	<b>Preschool</b>				
	Cheese & Cheerios	Yogurt & Whole Grain Crackers	<b>School Closed</b>	Herb Greek Yogurt Dip & Cucumber Slices	Hummus & Carrot Sticks
	<b>Infant &amp; Toddlers</b>				
	Cheese & Cheerios	Yogurt & Whole Grain Crackers	<b>School Closed</b>	Herb Greek Yogurt Dip & Cucumber Slices	Hummus & Carrot Sticks

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# Edgewater Preschool

## Weekly Snack & Lunch Menu

Nov. 16 <sup>th</sup> -Nov. 20 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Multi-Grain Rice Crackers & 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>				
	Multi-Grain Rice Crackers & 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, Carrots, 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	Hummus & Pita Bread	Cheerios & Bananas	Carrots sticks & Herb Greek Yogurt Dip
	<b>Infant &amp; Toddlers</b>				
	Cheese Cubes & Whole Grain Crackers	Graham Crackers & Melon	Hummus & Pita Bread	Cheerios & Bananas	Carrots sticks & Herb Greek Yogurt Dip

Nov. 23 <sup>rd</sup> -Nov.27 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Preschool</b>				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Oatmeal & Milk	<b>School Closed</b>	<b>School Closed</b>
	<b>Infant &amp; Toddlers</b>				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Oatmeal & Milk	<b>School Closed</b>	<b>School Closed</b>
<b>Lunch</b>	Chicken Nuggets "Tater Tots" Carrots, Fresh Fruit & Milk	Meat Loaf Brown Rice Green Beans Melon & Milk	Lentil Soup, Carrots, Tortilla, Melon & Milk	<b>School Closed</b>	<b>School Closed</b>
<b>PM Snack</b>	<b>Preschool</b>				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	<b>School Closed</b>	<b>School Closed</b>
	<b>Infant &amp; Toddlers</b>				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	<b>School Closed</b>	<b>School Closed</b>

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