

Edgewater Preschool

Weekly Snack & Lunch Menu

| Sept. 5 th -9 th | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------------------|--|---|--|---|
| AM Snack | Preschool | | | | |
| | School Closed | Cinnamon Greek Yogurt Dip & Apples | Cheerios & Fresh Fruit | Hummus & Carrots | <i>Cooking</i> Waffles & Milk |
| | Infant & Toddlers | | | | |
| | School Closed | Cinnamon Greek Yogurt Dip & Apples | Cheerios & Fresh Fruit | Hummus & Carrots | <i>Cooking</i> Waffles & Milk |
| Lunch | School Closed | 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 |
| PM Snack | Preschool | | | | |
| | School Closed | Cheese Cubes & Pears | Oranges & Multi-Grain Rice Crackers | Pears & Pita Bread | Pretzels & Bananas |
| | Infant & Toddlers | | | | |
| | School Closed | Cheese Cubes & Pears | Oranges & Multi-Grain Rice Crackers | Pears & Pita Bread | Graham Crackers & Bananas |

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

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

| Sept. 26 th -30 th | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|--|
| AM Snack | Preschool | | | | |
| | Cereal & 100% Juice | Hummus & Carrots | <i>Cooking</i> Quesadilla | Graham Crackers & Milk | Cheese Cubes & Apples |
| | Infant & Toddlers | | | | |
| | Cereal & 100% Juice | Hummus & Carrots | Strips of Tortilla & Cheese | Graham Crackers & Milk | Cheese Cubes & Apples |
| Lunch | 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 |
| PM Snack | Preschool | | | | |
| | Apples & Hard Boiled Eggs | Wheat English Muffin & Fresh Fruit | Whole Grain Crackers & Oranges | Yogurt & Apples | Pita Bread With Cream Cheese |
| | Infant & Toddlers | | | | |
| | Apples & Hard Boiled Eggs | Wheat English Muffin & Fresh Fruit | Whole Grain Crackers & Oranges | Yogurt & Apples | Pita Bread With Cream Cheese |

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Menu Subject to Change

Edgewater Preschool

Weekly Snack & Lunch Menu

| Oct. 3 rd -7 th | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|--|------------------------------|---|--|---|
| AM Snack | Preschool | | | | |
| | Yogurt & Apples | Graham Crackers & Pears | Herb Greek Yogurt Dip & Carrots | Cube Cheese & Fresh Fruit | <i>Cooking</i> Tortilla with Butter & Milk |
| | Infant & 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 | Pizza, Salad, Oranges & Milk | “Chili Con Carne” Broccoli, Apples & Milk | Baked Chicken, Brown Rice, Carrots, Melon & Milk | Chicken, Vegetables and Noodles Casserole Melon & Milk |
| PM Snack | Preschool | | | | |
| | Whole Grain Cracker & 100% Pineapple Juice | Hard Boiled Egg & Cheerios | Oranges & Cheerios | Hummus & Pita Bread | Pretzels & Bananas |
| | Infant & Toddlers | | | | |
| | Whole Grain Cracker & Cottage Cheese | Hard Boiled Egg & Cheerios | Oranges & Cheerios | Hummus & Pita Bread | Cheerios & Bananas |

| Oct. 10 th -14 th | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|---------------------------------|
| AM Snack | Preschool | | | | |
| | Multi-Grain Rice Crackers & Fresh Fruit | <i>Cooking</i> Scrambled Eggs & Oranges | Graham Crackers & Milk | Apples & Wheat English Muffin | Pita Bread & Fresh Fruit |
| | Infant & Toddlers | | | | |
| | Multi-Grain Rice Crackers & Fresh Fruit | <i>Cooking</i> Scrambled Eggs & Oranges | Graham Crackers & Milk | Apples & Wheat English Muffin | Pita Bread & Fresh Fruit |
| Lunch | Fish Sticks “Tater Tots” Green Beans Melon & Milk | Mac n `Cheese Mixed Vegetables Apples & Milk | Chicken Quesadillas, Peas Oranges & Milk | “Make Your Own Tacos” (Lettuce, tomatoes, cheese and beef), Pears & Milk | Minestrone Soup Pears & Milk |
| PM Snack | Preschool | | | | |
| | Cheese & Cheerios | Yogurt & Whole Grain Crackers | Banana, Oats and Milk Smoothie | Herb Greek Yogurt Dip & Cucumber Slices | Hummus & Carrot Sticks |
| | Infant & Toddlers | | | | |
| | Cheese & Cheerios | Yogurt & Whole Grain Crackers | Banana, Oats and Milk Smoothie | Herb Greek Yogurt Dip & Cucumber Slices | Hummus & Carrot Sticks |

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Menu Subject to Change

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Weekly Snack & Lunch Menu

| Oct. 17 th -21 st | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|--|
| AM Snack | Preschool | | | | |
| | 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 |
| | Infant & Toddlers | | | | |
| | Multi-Grain Rice Crackers & 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, 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 |
| PM Snack | Preschool | | | | |
| | Cheese Cubes & Pretzels | Graham Crackers & Melon | Hummus & Pita Bread | Cheerios & Bananas | Carrots sticks & Herb Greek Yogurt Dip |
| | Infant & Toddlers | | | | |
| | Cheese Cubes & Whole Grain Crackers | Graham Crackers & Melon | Hummus & Pita Bread | Cheerios & Bananas | Carrots sticks & Herb Greek Yogurt Dip |

| Oct. 24 th -28 th | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|--------------------------------------|
| AM Snack | Preschool | | | | |
| | Cereal & 100% Juice | Hummus & Carrots | <i>Cooking</i> Oatmeal & Milk | Cheerios & Pears | Graham Crackers & Fresh Fruit |
| | Infant & Toddlers | | | | |
| | Cereal & 100% Juice | Hummus & Carrots | <i>Cooking</i> Oatmeal & Milk | Cheerios & Pears | Graham Crackers & Fresh Fruit |
| Lunch | Chicken Nuggets "Tater Tots" Carrots, Fresh Fruit & Milk | Meat Loaf Brown Rice Green Beans Melon & Milk | Lentil Soup, Carrots, Tortilla, Melon & Milk | BBQ Chicken, Mashed Potatoes, Mixed Vegetables, Pears & Milk | Macaroni & Beef, Peas, Apples & Milk |
| PM Snack | Preschool | | | | |
| | Whole Grain Crackers & Oranges | Wheat English Muffin & Cream Cheese | Greek Yogurt Cinnamon Dip & Apples | Banana & Milk | Pretzels & Cheese |
| | Infant & Toddlers | | | | |
| | Whole Grain Crackers & Oranges | Wheat English Muffin & Cream Cheese | Greek Yogurt Cinnamon Dip & Apples | Banana & Milk | Whole Grain Crackers & Cheese |

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