

# Edgewater Preschool

## Weekly Snack & Lunch Menu

| January 2-6, 2017 | Monday           | Tuesday  | Wednesday   | Thursday                                      | Friday  |
|-------------------|------------------|--|---|---|---|
| <b>AM Snack</b>   | <b>Preschool</b> |  |   |   |   |
|                   | <b>SCHOOL</b>    | Cinnamon Greek Yogurt Dip & Apples                             | Cheerios & Fresh Fruit                              | Hummus & Carrots                              | <i>Cooking</i><br>Waffles & Milk  |
|                   | <b>Toddlers</b>  |  |   |   |   |
|                   |                  | Cinnamon Greek Yogurt Dip & Apples                             | Cheerios & Fresh Fruit                              | Hummus & Carrots                              | <i>Cooking</i><br>Waffles & Milk  |
| <b>Lunch</b>      | <b>CLOSED</b>    | Split Pea Soup with Carrots, Tortilla, <b>Melon &amp; Milk</b> | 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> |  |   |   |   |
|                   | <b>HOLIDAY</b>   | Cheese Cubes & Pears   | Oranges & Multi-Grain Rice Crackers                 | Pears & Pita Bread                            | Pretzels & Bananas  |
|                   | <b>Toddlers</b>  |  |   |   |   |
|                   |                  | Cheese Cubes & Pears   | Oranges & Multi-Grain Rice Crackers                 | Pears & Pita Bread                            | Graham Crackers & Bananas   |

| January 9-13, 2017 | Monday  | Tuesday   | Wednesday                                  | Thursday                                  | Friday   |
|--------------------|---|---|--|---|--|
| <b>AM Snack</b>    | <b>Preschool</b>                                    |   |  |   |  |
|                    | Whole Grain Crackers & Fresh Fruit                  | <i>Cooking</i><br>Scrambled Eggs & Milk                 | English Muffin & Yogurt                    | Cube Cheese & Pita Bread                  | Graham Crackers & Apples                         |
|                    | <b>Toddlers</b>                                     |   |  |   |  |
|                    | Whole Grain Crackers & Fresh Fruit                  | <i>Cooking</i><br>Scrambled Eggs & Milk read            | English Muffin & Yogurt                    | Cube Cheese & Pita Bread                  | 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>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

| January 16-20, 2017 | Monday           | Tuesday  | Wednesday                                     | Thursday   | Friday                   |
|---------------------|------------------|--|---|--|--------------------------|
| <b>AM Snack</b>     | <b>Preschool</b> |  |   |  |                          |
|                     | <b>SCHOOL</b>    | <i>Cooking</i><br>Pancakes & Milk                                  | Cucumber Slices & Hummus                      | Bagels with Cream Cheese & 100% Orange Juice                       | Pita Bread & Apples      |
|                     | <b>Toddlers</b>  |  |   |  |                          |
|                     |                  | <i>Cooking</i><br>Waffles & Milk                                   | Cucumber Slices & Hummus                      | Bagels with Cream Cheese & 100% Orange Juice                       | Pita Bread & Apples      |
| <b>Lunch</b>        | <b>CLOSED</b>    | Chicken Nuggets<br>"Tater Tots"<br>Mixed Veggies<br>Oranges & Milk | Chicken Noodle & Veggie Soup,<br>Melon & Milk | Teriyaki Chicken,<br>Brown Rice,<br>Green Beans,<br>Oranges & Milk | Lasagna,<br>Pears & Milk |
| <b>PM Snack</b>     | <b>Preschool</b> |  |   |  |                          |
|                     | <b>HOLIDAY</b>   | Cube Cheese & Pretzels   | Wheat English Muffin & Fresh Fruit            | Multi-Grain Rice Crackers & Bananas                                | Cheerios & Fresh Fruit   |
|                     | <b>Toddlers</b>  |  |   |  |                          |
|                     |                  | Cube Cheese & Whole Grain Cracker                                  | Wheat English Muffin & Fresh Fruit            | Multi-Grain Rice Crackers & Bananas                                | Cheerios & Fresh Fruit   |

| January 23-27, 2017 | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|---------------------|--|--|---|--|--|
| <b>AM Snack</b>     | <b>Preschool</b>   |  |   |  |  |
|                     | Cereal & 100% Juice  | Hummus & Carrots   | <i>Cooking</i><br>Quesadilla                      | Graham Crackers & Milk                           | Cheese Cubes & Apples                              |
|                     | <b>Toddlers</b>  |  |   |  |  |
|                     | Cereal & 100% Juice  | Hummus & Carrots   | Strips of Tortilla & Cheese                       | Graham Crackers & Milk                           | Cheese Cubes & Apples                              |
| <b>Lunch</b>        | Lentil Soup,<br>Tortilla,<br>Baby Carrots,<br>Pears & Milk | Baked Chicken,<br>Mashed Potatoes, Green Beans, Melon & Milk | Spaghetti with Meat Sauce,<br>Peas, Apples & Milk | Vegetable, Beef and Rice Soup,<br>Oranges & Milk | Mac & Cheese,<br>Mixed Vegetables,<br>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>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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**Menu Subject to Change**

# Edgewater Preschool

## Weekly Snack & Lunch Menu

| January 30- Feb. 3, 2017 | 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                        | <i>Cooking</i><br>Tortilla with Butter & Milk             |
|                          | <b>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<br>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>Toddlers</b>  |                              |   |  |   |
|                          | Whole Grain Cracker & Cottage Cheese                         | Hard Boiled Egg & Cheerios   | Oranges & Cheerios                        | Hummus & Pita Bread                              | Cheerios & Bananas  |

| February 6-10, 2017 | Monday  | Tuesday                                      | Wednesday                                | Thursday   | Friday                          |
|---------------------|---|--|--|--|---------------------------------|
| <b>AM Snack</b>     | <b>Preschool</b>                                  |  |  |  |                                 |
|                     | Multi-Grain Rice Crackers & Fresh Fruit           | <i>Cooking</i><br>Scrambled Eggs & Oranges   | Graham Crackers & Milk                   | Apples & Wheat English Muffin  | Pita Bread & Fresh Fruit        |
|                     | <b>Toddlers</b>                                   |  |  |  |                                 |
|                     | Multi-Grain Rice Crackers & Fresh Fruit           | <i>Cooking</i><br>Scrambled Eggs & Oranges   | Graham Crackers & Milk                   | 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 | Chicken Quesadillas, Peas Oranges & Milk | “Make Your Own Tacos” (Lettuce, tomatoes, cheese and beef), Pears & Milk | Minestrone Soup<br>Pears & Milk |
| <b>PM Snack</b>     | <b>Preschool</b>                                  |  |  |  |                                 |
|                     | Cheese & Cheerios                                 | Yogurt & Whole Grain Crackers                | Banana, Oats and Milk Smoothie           | Herb Greek Yogurt Dip & Cucumber Slices                                  | Hummus & Carrot Sticks          |
|                     | <b>Toddlers</b>                                   |  |  |  |                                 |
|                     | 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**

# Edgewater Preschool

## Weekly Snack & Lunch Menu

| February 13-17, 2017 | 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>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>Toddlers</b>                                   |  |  |  |  |
|                      | Cheese Cubes & Whole Grain Crackers               | Graham Crackers & Melon                    | Hummus & Pita Bread                                      | Cheerios & Bananas                             | Carrots sticks & Herb Greek Yogurt Dip         |

| February 20-24, 2017 | Monday           | Tuesday  | Wednesday                                    | Thursday   | Friday                               |
|----------------------|------------------|--|--|--|--------------------------------------|
| <b>AM Snack</b>      | <b>Preschool</b> |  |  |  |                                      |
|                      | <b>SCHOOL</b>    | Hummus & Carrots   | <i>Cooking</i> Oatmeal & Milk                | Cheerios & Pears   | Graham Crackers & Fresh Fruit        |
|                      | <b>Toddlers</b>  |  |  |  |                                      |
|                      |                  | Hummus & Carrots   | <i>Cooking</i> Oatmeal & Milk                | Cheerios & Pears   | Graham Crackers & Fresh Fruit        |
| <b>Lunch</b>         | <b>CLOSED</b>    | Chicken Nuggets "Tater Tots" Carrots, Fresh Fruit & Milk | Lentil Soup, Carrots, Tortilla, Melon & Milk | BBQ Chicken, Mashed Potatoes, Mixed Vegetables, Pears & Milk | Macaroni & Beef, Peas, Apples & Milk |
| <b>PM Snack</b>      | <b>Preschool</b> |  |  |  |                                      |
|                      | <b>HOLIDAY</b>   | Wheat English Muffin & Cream Cheese                      | Greek Yogurt Cinnamon Dip & Apples           | Banana & Milk  | Pretzels & Cheese                    |
|                      | <b>Toddlers</b>  |  |  |  |                                      |
|                      |                  | Wheat English Muffin & Cream Cheese                      | Greek Yogurt Cinnamon Dip & Apples           | Banana & Milk  | Whole Grain Crackers & Cheese        |

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**Menu Subject to Change**