

Edgewater Preschool

Weekly Snack & Lunch Menu

Sept. 18 th -22 nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & Fresh Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Celery Sticks	<i>Cooking</i> Waffles & Milk
	Toddlers				
	Whole Grain Cracker & Fresh Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Broccoli	Waffles & Milk
Lunch	Split Pea Soup with Carrots, Tortilla, Melon & Milk	Cucumber and Cream Cheese Sandwich Oranges & Milk	Spaghetti with Meat Sauce & Peas, Apples & Milk	Chicken, Veggies and Rice Soup, Fresh Fruit & Milk	Creamy Tomato Chicken, Vegetable & Penne Pasta Casserole, Pears & Milk
PM Snack	Preschool				
	Cheese Cubes & Pears	Fresh Fruit & Pita Bread	Oranges & Multi-Grain Rice Crackers	Yogurt & Melon	Pretzels & Bananas
	Toddlers				
	Cheese Cubes & Pears	Fresh Fruit & Pita Bread	Oranges & Multi-Grain Wheat Crackers	Yogurt & Melon	Graham Crackers & Bananas

Sept. 25 th – 29 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
	Toddlers				
	Whole Grain Crackers & Fresh Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	Scrambled Eggs & Milk	Graham Crackers & Apples
Lunch	Grilled Cheese Sandwich with Spinach, Apples & Milk	Chicken, Penne Pasta and Vegetables Casserole, Oranges & Milk	Vegetable, Beef & Rice/Quinoa Soup, Fresh Fruit & Milk	Broccoli with Beef & Quinoa & Brown Rice, Melon & Milk	Chicken Stir Fry Vegetables with Quinoa & Brown Rice, Pears & Milk
PM Snack	Preschool				
	Cheerios & 100% Grape Juice	Graham Crackers & Pears	Apples & Pretzels	Hummus & Carrots	Berries, Banana and Milk Smoothie w/Oats
	Toddlers				
	Cheerios & Cottage Cheese	Graham Crackers & Cottage Cheese	Apples & Cereal	Hummus & Carrots	Berries, Banana and Milk Smoothie w/Oats

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. 2 nd - 6 th	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
	Toddlers				
	Graham Crackers & Apples	Waffles & Milk	Cucumber Slices & Hummus	Bagels with Cream Cheese & 100% Orange Juice	Pita Bread & Apples
Lunch	Chicken Nuggets "Tater Tots," Sautéed Broccoli, Oranges & Milk	Quesadillas with Spinach, Apples & Milk	Chicken Quinoa & Veggie Soup, Fresh Fruit & Milk	Teriyaki Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Pears & Milk
PM Snack	Preschool				
	Cheerios & Fresh Fruit	Cube Cheese & Pretzels	Wheat English Muffin & Apples	Multi-Grain Rice Crackers & Bananas	Yogurt & Fresh Fruit
	Toddlers				
	Cheerios & Fresh Fruit	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Apples	Multi-Grain Crackers & Bananas	Yogurt & Fresh Fruit

Oct. 9 th - 13 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	Hummus & Carrots	<i>Cooking</i> Quesadilla	Cheese Cubes & Apples	Graham Crackers & Milk
	Toddlers				
	Cereal & 100% Juice	Hummus & Carrots	Strips of Tortilla & Cheese	Cheese Cubes & Apples	Graham Crackers & Milk
Lunch	Lentil Soup with Carrots, Tortilla, Pears & Milk	Baked Chicken, Mashed Potatoes, Green Beans, Fresh Fruit & Milk	Ground Beef with Broccoli & Quinoa & Brown Rice, Apples & Milk	Vegetable, Beef and Rice/Quinoa Soup, Oranges & Milk	Mac & Cheese, Peas & Carrots, Melon & Milk
PM Snack	Preschool				
	Apples & Cube Cheese	Pita Bread With Cream Cheese	Whole Grain Crackers & Oranges	Cheerios & Fresh Fruit	Wheat English Muffin & Pears
	Toddlers				
	Apples & Cube Cheese	Pita Bread With Cream Cheese	Whole Grain Crackers & Oranges	Cheerios & Fresh Fruit	Wheat English Muffin & Pears

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Weekly Snack & Lunch Menu

Oct. 16 th – 20 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Apples	Hummus & Pita Bread	Herb Greek Yogurt Dip & Carrots	Milk & Cheerios	<i>Cooking</i> Tortilla with Butter & Milk
	Toddlers				
	Cheerios & Apples	Hummus & Pita Bread	Herb Greek Yogurt Dip & Carrots	Milk & Cheerios	Tortilla & Milk
Lunch	Turkey & Spinach Grilled Cheese Sandwich, Pears & Milk	Baked Chicken, Brown Rice with Peas, Fresh Fruit & Milk	“Chili Con Carne” Broccoli, Apples & Milk	Pizza, Salad with Yogurt Dressing, Oranges & Milk	Chicken, Vegetables and Quinoa & Brown Rice Casserole Melon & Milk
PM Snack	Preschool				
	Whole Grain Cracker & 100% Pineapple Juice	Cube Cheese & Fresh Fruit	Oranges & Cheerios	Graham Crackers & Pears	Pretzels & Bananas
	Toddlers				
	Whole Grain Cracker & Cottage Cheese	Cottage Cheese & Fresh Fruit	Oranges & Cheerios	Graham Crackers & Pears	Cheerios & Bananas

Oct. 23 rd – 27 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Fresh Fruit	Graham Crackers & Milk	Apples & Wheat English Muffin	<i>Cooking</i> Scrambled Eggs & Oranges	Pita Bread & Fresh Fruit
	Toddlers				
	Multi-Grain Crackers & Fresh Fruit	Graham Crackers & Milk	Apples & Wheat English Muffin	Scrambled Eggs & Oranges	Pita Bread & Fresh Fruit
Lunch	Fish Sticks “Tater Tots” Celery Sticks with Yogurt Dip Melon & Milk	Mac n’ Cheese Green Beans Apples & Milk	Chicken & Spinach Quesadillas, Oranges & Milk	Chicken, Vegetable & Quinoa Soup, Fresh Fruit & Milk	Spaghetti, Meat Sauce with Peas, Pears & Milk
PM Snack	Preschool				
	Cheese & Cheerios	Hummus & Carrot Sticks	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers
	Toddlers				
	Cheese & Cheerios	Hummus & Carrots Sticks	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers

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Weekly Snack & Lunch Menu

Oct. 30 th – Nov. 3 rd	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 & Pears	Yogurt & Melon
	Toddlers				
	Multi-Grain Crackers & Fresh Fruit	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Strips of Bread & Pears	Yogurt & Melon
Lunch	Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Melon & Milk	Split Pea Soup with Carrots, Apples & Milk	Baked Chicken, Mashed Potatoes, Mixed Veggies, Pears & Milk	Chicken Stir Fry Vegetables with Spaghetti Noodles, Oranges & Milk	Pizza, Salad with Yogurt Dressing, Fresh Fruit & Milk
PM Snack	Preschool				
	Graham Crackers & Pears	Cheese Cubes & Pretzels	Hummus & Pita Bread	Cheerios & Bananas	Pretzels & Oranges
	Toddlers				
	Graham Crackers & Pears	Cheese Cubes & Whole Grain Crackers	Hummus & Pita Bread	Cheerios & Bananas	Wheat Crackers & Oranges

Nov. 6 th – 10 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cereal & 100% Juice	Hummus & Celery Sticks	<i>Cooking</i> Oatmeal & Milk	Cheerios & Pears	CLOSED!
	Toddlers				
	Cereal & Cottage Cheese	Hummus & Broccoli	Oatmeal & Milk	Cheerios & Cottage Cheese	
Lunch	Chicken Nuggets “Tater Tots,” Celery Sticks with Yogurt Dip, Fresh Fruit & Milk	Lentil Soup with Carrots, Tortilla, Pears & Milk	Meat Loaf Brown Rice with Broccoli, Melon & Milk	BBQ Chicken, Mashed Potatoes, Mixed Vegetables, Oranges, & Milk	In Observance of Veterans Day
PM Snack	Preschool				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	
	Toddlers				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	

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