

Edgewater Preschool

Weekly Snack & Lunch Menu

9/16-9/20	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
	Toddlers				
	Whole Grain Cracker & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Carrots	Waffles & Milk
Lunch	Split Pea Soup with Carrots, Tortilla, Melon & Milk	Cucumber and Cream Cheese Sandwich, Apples & Milk	Spaghetti with Meat Sauce & Peas, Fruit & Milk	Chicken, Veggies and Rice Soup, Oranges & Milk	Creamy Tomato Chicken, Vegetable & Penne Pasta Casserole, Pears & Milk
PM Snack	Preschool				
	Cheese Cubes & Pears	Fruit & Pita Bread	Oranges & Multi-Grain Rice Crackers	Yogurt & Melon	Pretzels & Bananas
	Toddlers				
	Cheese Cubes & Pears	Fruit & Pita Bread	Oranges & Multi-Grain Wheat Crackers	Yogurt & Melon	Graham Crackers & Bananas

9/23-9/27	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Crackers & Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	<i>Cooking</i> Scrambled Eggs & Milk	Graham Crackers & Bananas
	Toddlers				
	Whole Grain Crackers & Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	Scrambled Eggs & Milk	Graham Crackers & Bananas
Lunch	Grilled Cheese Sandwich with Spinach, Apples & Milk	Chicken, Penne Pasta and Vegetables Casserole, Oranges & Milk	Vegetable, Beef & Rice/Quinoa Soup, Fruit & Milk	Broccoli with Beef & Quinoa & Brown Rice, Melon & Milk	Chicken Stir Fry Vegetables with Quinoa & Brown Rice, Pears & Milk
PM Snack	Preschool				
	Chex Cereal & 100% Grape Juice	Graham Crackers & Pears	Apples & Pretzels	Berries, Banana and Milk Smoothie w/Oats	Hummus & Carrots
	Toddlers				
	Chex Cereal & Milk	Graham Crackers & Pears	Apples & Cereal	Berries, 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

9/30-10/4	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, Sautéed Broccoli, Wheat Bread, Oranges & Milk	Quesadillas with Spinach, Apples & Milk	Chicken Quinoa & Veggie Soup, Fruit & Milk	Teriyaki Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Veggies, Pears & Milk
PM Snack	Preschool				
	Kix Cereal & Fruit	Cube Cheese & Pretzels	Wheat English Muffin & Apples	Multi-Grain Rice Crackers & Bananas	Yogurt & Fruit
	Toddlers				
	Kix Cereal & Fruit	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Apples	Multi-Grain Crackers & Bananas	Yogurt & Fruit

10/7-10/11	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Cheerios & 100% Juice	Apples & Cube Cheese	Wheat English Muffin & Pears	Graham Crackers & Milk	<i>Cooking</i> Quesadilla's
	Toddlers				
	Multi-Grain Cheerios & 100% Juice	Apples & Cube Cheese	Wheat English Muffin & Pears	Graham Crackers & Milk	Quesadilla's
Lunch	Lentil Soup with Carrots, Tortilla, Pears & Milk	Baked Chicken, Mashed Potatoes, Green Beans, 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				
	Pita Bread With Cream Cheese	Hummus & Carrots	Whole Grain Crackers & Oranges	Cheerios & Bananas	Cheese Cubes & Apples
	Toddlers				
	Pita Bread With Cream Cheese	Hummus & Carrots	Whole Grain Crackers & Oranges	Cheerios & Bananas	Cheese Cubes & Apples

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Weekly Snack & Lunch Menu

10/14-10/18	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Apples	Hummus & Pita Bread	Herb Greek Yogurt Dip & Carrots	Milk & Kix Cereal	<i>Cooking</i> Tortilla with Butter & Milk
	Toddlers				
	Chex Cereal & Apples	Hummus & Pita Bread	Herb Greek Yogurt Dip & Carrots	Milk & Kix Cereal	Tortilla with Butter & Milk
Lunch	Turkey & Spinach Grilled Cheese Sandwich, Pears & Milk	Baked Chicken, Brown Rice with Peas, 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 & Pears	Oranges & Multi-Grain Cheerios	Graham Crackers & Fruit	Pretzels & Bananas
	Toddlers				
	Whole Grain Cracker & 100% Juice	Cube Cheese & Pears	Oranges & Multi-Grain Cheerios	Graham Crackers & Fruit	Cheerios & Bananas

10/21-10/25	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Fruit	Graham Crackers & Milk	Apples & Wheat English Muffin	<i>Cooking</i> Scrambled Eggs & Oranges	Pita Bread & Bananas
	Toddlers				
	Multi-Grain Crackers & Fruit	Graham Crackers & Milk	Apples & Wheat English Muffin	Scrambled Eggs & Oranges	Pita Bread & Bananas
Lunch	Fish Sticks Carrots with Yogurt Dip, Wheat Bread Melon & Milk	Mac n 'Cheese Green Beans Apples & Milk	Beef & Broccoli Quesadillas, Oranges & Milk	Spaghetti, Meat Sauce with Peas, Pears & Milk	Chicken, Vegetable & Quinoa Soup, Fruit & 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

10/28-11/1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Melon	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Cooking Toast with Butter & Pears	Yogurt & Fruit
	Toddlers				
	Multi-Grain Crackers & Melon	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Toast with Butter & Pears	Yogurt & Fruit
Lunch	Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Apples & Milk	Split Pea Soup with Carrots, Pears & Milk	Baked Chicken, Mashed Potatoes, Mixed Veggies, Melon & Milk	Chicken Stir Fry Vegetables with Spaghetti Noodles, Fruit & Milk	Pizza, Salad with Yogurt Dressing, Oranges & Milk
PM Snack	Preschool				
	Graham Crackers & Oranges	Cheese Cubes & Pretzels	Hummus & Pita Bread	Chex Cereal & Bananas	Pretzels & Pears
	Toddlers				
	Graham Crackers & Oranges	Cheese Cubes & Whole Grain Crackers	Hummus & Pita Bread	Chex Cereal & Bananas	Wheat Crackers & Pears

11/4-11/8	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Kix Cereal & 100% Juice	Hummus & Cucumbers	Cooking Oatmeal & Milk	Multi-Grain Cheerios & Pears	Graham Crackers & Fruit
	Toddlers				
	Kix Cereal & Milk	Hummus & Cucumbers	Oatmeal & Milk	Multi-Grain Cheerios & Pears	Graham Crackers & Fruit
Lunch	Chicken Nuggets, Carrots with Yogurt Dip, Wheat Bread Fruit & Milk	Lentil Soup with Carrots, Tortilla, Pears & Milk	Meat Loaf Brown Rice with Broccoli, Melon & Milk	Friendship Feast! Protein, Vegetables, Fruit & Milk	Penne Pasta, Beef, Peas with Tomato Sauce, Apples & Milk
PM Snack	Preschool				
	Whole Grain Crackers & Oranges	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Pretzels & Cheese
	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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