## Edgewater Preschool

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Weekly Snack & Lunch Menu

11/11-15/19	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	School Closed	Cheerios &	Cinnamon	Hummus &	Cooking		
	Holiday	Pears	Greek Yogurt	Carrots	Waffles & Milk		
AM Snack			Dip & Apples				
			Toddlers				
	School Closed	Cheerios &	Cinnamon Greek	Hummus &			
	Holiday	Pears	Yogurt Dip &	Carrots	Waffles & Milk		
			Apples				
		Split Pea Soup	Spaghetti with	Chicken,	Creamy Tomato		
Lunch		with Carrots,	Meat Sauce &	Veggies and	Chicken,		
	School Closed	Tortilla,	Peas, Fruit	Rice Soup,	Vegetable &		
	Holiday	Melon & Milk	& Milk	Oranges & Milk	Penne Pasta		
					Casserole, Pears		
					& Milk		
			Preschool				
	School Closed	Fruit & Pita	Oranges &	Yogurt & Melon	Pretzels		
	Holiday	Bread	Multi-Grain	-	& Bananas		
PM Snack			Rice Crackers				
			Toddlers				
	School Closed	Fruit & Pita	Oranges &	Yogurt & Melon	Graham		
	Holiday	Bread	Multi-Grain		Crackers		
			Wheat Crackers		& Bananas		

11/18-22/19	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Graham	
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
AM Snack				& Milk	Bananas	
			Toddlers			
	Whole Grain	Cube Cheese &	English Muffin		Graham	
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Crackers &	
				& Milk	Bananas	
	Grilled Cheese	Chicken, Penne	Vegetable, Beef	Broccoli with	Chicken Stir Fry	
Lunch	Sandwich with	Pasta and	& Rice/Quinoa	Beef & Quinoa	Vegetables with	
	Spinach,	Vegetables	Soup,	& Brown Rice,	Quinoa &	
	Apples & Milk	Casserole,	Fruit & Milk	Melon	Brown Rice,	
		Oranges & Milk		& Milk	Pears & Milk	
	Preschool					
	Chex Cereal &	Graham	Apples &	Berries, Banana	Hummus &	
	100% Grape	Crackers &	Pretzels	and Milk	Carrots	
PM Snack	Juice	Pears		Smoothie		
				w/Oats		
	Toddlers					
	Chex Cereal &	Graham	Apples & Cereal	Berries, Banana	Hummus &	
	Milk	Crackers &		and Milk	Carrots	
		Pears		Smoothie		
				w/Oats		

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

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# Edgewater Preschool

Weekly Snack & Lunch Menu

11/25-29/19	Monday	Tuesday	Wednesday	Thursday	Friday		
	C		Preschool	C			
	Graham	Cooking	Cucumber Slices	School Closed	School Closed		
	Crackers	Pancakes &	&				
AM Snack	& Apples	Milk	Hummus	Holiday	Holiday		
		-	Toddlers				
	Graham		Cucumber Slices	School Closed	School Closed		
	Crackers	Waffles & Milk	&	Holiday	Holiday		
	&		Hummus				
	Apples						
	Chicken	Quesadillas with	Chicken Quinoa				
Lunch	Nuggets,	Spinach,	& Veggie Soup,				
	Sautéed	Apples & Milk	Fruit	School Closed	School Closed		
	Broccoli, Wheat		& Milk	Holiday	Holiday		
	Bread, Oranges						
	& Milk						
		<u>.</u>	Preschool				
	Kix Cereal	Cube Cheese &	Wheat English	School Closed	School Closed		
	& Fruit	Pretzels	Muffin	Holiday	Holiday		
PM Snack			& Apples				
		Toddlers					
	Kix Cereal	Cube Cheese &	Wheat English	School Closed	School Closed		
	&	Whole Grain	Muffin	Holiday	Holiday		
	Fruit	Cracker	& Apples	-	-		

12/2-6/19	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Multi-Grain	Hummus &	Cooking	Cheese Cubes &	Graham	
	Cheerios	Carrots	Quesadilla	Apples	Crackers & Milk	
AM Snack	& 100% Juice					
			Toddlers			
	Multi-Grain	Hummus &		Cheese Cubes &	Graham	
	Cheerios	Carrots	Quesadilla	Apples	Crackers	
	&				& Milk	
	100% Juice					
	Lentil Soup with	Baked Chicken,	Ground Beef	Vegetable, Beef	Mac & Cheese,	
	Carrots, Tortilla,	Mashed	with Broccoli &	and Rice/Quinoa	Peas & Carrots,	
Lunch	Pears & Milk	Potatoes, Green	Quinoa &	Soup, Oranges	Melon & Milk	
		Beans, Fruit &	Brown Rice,	& Milk		
		Milk	Apples & Milk			
	Preschool					
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
PM Snack	Cube Cheese	Cheese	&		&	
			Oranges		Pears	
	Toddlers					
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English	
	&	With Cream	Crackers	Bananas	Muffin	
	Cube Cheese	Cheese	&		&	
			Oranges		Pears	

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

## Edgewater Preschool

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Weekly Snack & Lunch Menu

12/9-13/19	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Chex Cereal &	Hummus & Pita	Herb Greek	Milk & Kix	Cooking	
	Apples	Bread	Yogurt Dip &	Cereal	Tortilla with	
AM Snack			Carrots		Butter & Milk	
			Toddlers		Cooking Tortilla with Butter & Milk Tortilla with Butter & Milk Chicken, Vegetables and Quinoa & Brown Rice Casserole Melon & Milk Pretzels & Bananas Cheerios &	
	Chex Cereal &	Hummus & Pita	Herb Greek	Milk & Kix	Tortilla with	
	Apples	Bread	Yogurt Dip &	Cereal	Butter & Milk	
			Carrots			
	Turkey &	Baked Chicken,	"Chili Con	Pizza,	Chicken,	
	Spinach Grilled	Brown Rice with	Carne" Broccoli,	Salad with	Vegetables and	
Lunch	Cheese	Peas, Fruit &	Apples & Milk	Yogurt Dressing,	Quinoa &	
	Sandwich, Pears	Milk		Oranges & Milk	Brown Rice	
	& Milk				Casserole	
					Melon & Milk	
	Preschool					
	Whole Grain	Cube Cheese &	Oranges &	Graham	Pretzels &	
	Cracker & 100%	Pears	Multi-Grain	Crackers	Bananas	
PM Snack	Pineapple Juice		Cheerios	& Fruit		
Toddlers						
	Whole Grain	Cube Cheese &	Oranges &	Graham	Cheerios &	
	Cracker & 100%	Pears	Multi-Grain	Crackers	Bananas	
	Juice		Cheerios	& Fruit		

12/16-20/19	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Multi-Grain	Graham	Apples & Wheat	Cooking	Pita Bread &		
	Rice Crackers	Crackers & Milk	English Muffin	Scrambled Eggs	Bananas		
AM Snack	&			& Oranges			
	Fruit						
			Toddlers				
	Multi-Grain	Graham	Apples & Wheat	Scrambled Eggs	Pita Bread &		
	Crackers &	Crackers &	English Muffin	& Oranges	Bananas		
	Fruit	Milk					
	Fish Sticks	Mac n 'Cheese	Beef & Broccoli	Chicken,	Spaghetti, Meat		
	Carrots with	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,		
Lunch	Yogurt Dip,	Apples & Milk	Oranges & Milk	Quinoa Soup,	Pears & Milk		
	Wheat Bread			Fruit & Milk			
	Melon & Milk						
	Preschool						
	Cheese &	Hummus &	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios	Carrot Sticks	Oats and Milk	Yogurt Dip &	Grain Crackers		
PM Snack			Smoothie	Cucumber Slices			
	Toddlers						
	Cheese &	Hummus &	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios	Carrots Sticks	Oats and Milk	Yogurt Dip &	Grain Crackers		
			Smoothie	Cucumber Slices			

### Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily <u>Menu Subject to Change</u>

## Edgewater Preschool

Weekly Snack & Lunch Menu

12/23-27/19	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
	Multi-Grain	School Closed	School Closed	School Closed	School Closed		
	Rice Crackers &	Holiday	Holiday	Holiday	Holiday		
AM Snack	100% Juice				-		
	Toddlers						
	Multi-Grain	School Closed	School Closed	School Closed	School Closed		
	Crackers &	Holiday	Holiday	Holiday	Holiday		
	100% Juice	·					
	Chicken/Beef,						
Lunch	Vegetable &	School Closed	School Closed	School Closed	School Closed		
	Quinoa Soup,	Holiday	Holiday	Holiday	Holiday		
	Fruit & Milk	U U	, i i i i i i i i i i i i i i i i i i i		· ·		
	Preschool						
	Graham	School Closed	School Closed	School Closed	School Closed		
	Crackers	Holiday	Holiday	Holiday	Holiday		
PM Snack	& Fruit						
	Toddlers						
	Graham	School Closed	School Closed	School Closed	School Closed		
	Crackers	Holiday	Holiday	Holiday	Holiday		
	& Fruit						

12/30/19-1/3/20	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	School Closed	School Closed	School Closed	Cereal	Graham	
	Holiday	Holiday	Holiday	&	Crackers	
AM Snack		-		100% Juice	& Fruit	
			Toddlers			
	School Closed	School Closed	School Closed	Cereal	Graham	
	Holiday	Holiday	Holiday	&	Crackers	
		-		100% Juice	& Fruit	
				Lentil Soup with	Chicken	
Lunch				Carrots, Tortilla,	Nuggets,	
	School Closed	School Closed	School Closed	Pears & Milk	Carrots with	
	Holiday	Holiday	Holiday		Yogurt Dip,	
		-			Wheat Bread	
					Fruit & Milk	
			Preschool			
	School Closed	School Closed	School Closed	Multi-Grain	Pretzels &	
	Holiday	Holiday	Holiday	Cheerios & Fruit	Cheese	
PM Snack			Toddlers			
	School Closed	School Closed	School Closed	Multi-Grain	Whole Grain	
	Holiday	Holiday	Holiday	Cheerios & Fruit	Crackers &	
		-			Cheese	

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