

Edgewater Preschool

Weekly Snack & Lunch Menu

11/11-15/19	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	School Closed Holiday	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Carrots	<i>Cooking</i> Waffles & Milk
	Toddlers				
	School Closed Holiday	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Carrots	Waffles & Milk
Lunch	School Closed Holiday	Split Pea Soup with Carrots, Tortilla, Melon & 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				
	School Closed Holiday	Fruit & Pita Bread	Oranges & Multi-Grain Rice Crackers	Yogurt & Melon	Pretzels & Bananas
	Toddlers				
	School Closed Holiday	Fruit & Pita Bread	Oranges & Multi-Grain Wheat Crackers	Yogurt & Melon	Graham Crackers & Bananas

11/18-22/19	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- 5:00 PM fruit snack daily
Menu Subject to Change

Edgewater Preschool

Weekly Snack & Lunch Menu

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

12/2-6/19	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Cheerios & 100% Juice	Hummus & Carrots	<i>Cooking</i> Quesadilla	Cheese Cubes & Apples	Graham Crackers & Milk
	Toddlers				
	Multi-Grain Cheerios & 100% Juice	Hummus & Carrots	Quesadilla	Cheese Cubes & Apples	Graham Crackers & Milk
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				
	Apples & Cube Cheese	Pita Bread With Cream Cheese	Whole Grain Crackers & Oranges	Cheerios & Bananas	Wheat English Muffin & Pears
	Toddlers				
	Apples & Cube Cheese	Pita Bread With Cream Cheese	Whole Grain Crackers & Oranges	Cheerios & Bananas	Wheat English Muffin & Pears

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily

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Edgewater Preschool

Weekly Snack & Lunch Menu

12/9-13/19	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

12/16-20/19	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	Chicken, Vegetable & Quinoa Soup, 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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Edgewater Preschool

Weekly Snack & Lunch Menu

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

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

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