

Edgewater Preschool

Weekly Snack & Lunch Menu

Jan. 6-10, 2020	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

Jan. 13-17, 2020	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

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Weekly Snack & Lunch Menu

Jan. 20-24, 2020	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	<i>Holiday School Closed</i>	Graham Crackers & Apples	Cucumber Slices & Hummus	<i>Cooking</i> Pancakes & Milk	Pita Bread & Apples
	Toddlers				
	<i>Holiday School Closed</i>	Graham Crackers & Apples	Cucumber Slices & Hummus	Waffles & Milk	Pita Bread & Apples
Lunch	<i>Holiday School Closed</i>	Chicken Nuggets, Sautéed Broccoli, Wheat Bread, Oranges & Milk	Chicken Quinoa & Veggie Soup, Fruit & Milk	Teriyaki Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Veggies, Pears & Milk
PM Snack	Preschool				
	<i>Holiday School Closed</i>	Kix Cereal & Fruit	Wheat English Muffin & Apples	Multi-Grain Rice Crackers & Bananas	Yogurt & Fruit
	Toddlers				
	<i>Holiday School Closed</i>	Kix Cereal & Fruit	Wheat English Muffin & Apples	Multi-Grain Crackers & Bananas	Yogurt & Fruit

Jan. 27-31, 2020	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

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Weekly Snack & Lunch Menu

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Feb. 3-7, 2020	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

Feb. 10-14, 2020	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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Feb. 17-21, 2020	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	<i>Holiday School Closed</i>	Multi-Grain Rice Crackers & Melon	Bagel, Cream Cheese & 100% Orange Juice	<i>Cooking</i> Toast with Butter & Pears	Yogurt & Fruit
	Toddlers				
	<i>Holiday School Closed</i>	Multi-Grain Crackers & Melon	Bagel, Cream Cheese & 100% Orange Juice	Toast with Butter & Pears	Yogurt & Fruit
Lunch	<i>Holiday School Closed</i>	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				
	<i>Holiday School Closed</i>	Graham Crackers & Oranges	Hummus & Pita Bread	Chex Cereal & Bananas	Pretzels & Pears
	Toddlers				
	<i>Holiday School Closed</i>	Graham Crackers & Oranges	Hummus & Pita Bread	Chex Cereal & Bananas	Wheat Crackers & Pears

Feb. 24-28, 2020	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Kix Cereal & 100% Juice	Hummus & Cucumbers	<i>Cooking</i> 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	BBQ Chicken, Mashed Potatoes, Mixed Vegetables, Oranges & 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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