### Edgewater Preschool

Weekly Snack & Lunch Menu

Dec. 7 <sup>th</sup> - Dec. 11 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday			
		÷	Preschool					
	Whole Grain	Cheerios &	Cinnamon	Hummus & Pita	Cooking			
	Cracker & Fruit	Pears	Greek Yogurt	Bread	Waffles & Milk			
AM Snack			Dip & Apples					
			Toddlers					
	Whole Grain	Cheerios &	Cinnamon Greek	Hummus & Pita				
	Cracker & Fruit	Pears	Yogurt Dip &	Bread	Waffles & Milk			
			Apples					
	Split Pea Soup	Cucumber and	Spaghetti with	Chicken	Creamy Tomato			
Lunch	with Carrots,	Cream Cheese	Meat Sauce &	Nuggets,	Chicken,			
	Tortilla,	Sandwich,	Peas, Fruit	Sautéed	Vegetable &			
	Melon & Milk	Apples & Milk	& Milk	Broccoli, Wheat	Penne Pasta			
				Bread, Oranges	Casserole, Pears			
				& Milk	& Milk			
	Preschool							
	Cheese Cubes &	Fruit & Pita	Oranges &	Yogurt & Melon	Pretzels			
	Pears	Bread	Multi-Grain		& Bananas			
PM Snack			Rice Crackers					
		Toddlers						
	Cheese Cubes &	Fruit & Pita	Oranges &	Yogurt & Melon	Graham			
	Pears	Bread	Multi-Grain		Crackers			
			Wheat Crackers		& Bananas			

<b>Dec. 14<sup>th</sup> - Dec. 18<sup>th</sup></b>	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Pita Bread &		
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Bananas		
AM Snack				& Milk			
			Toddlers				
	Whole Grain	Cube Cheese &	English Muffin		Pita Bread &		
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Bananas		
				& Milk			
	Grilled Cheese	Chicken, Penne	Vegetable, Beef	Pizza, Salad	Chicken Stir Fry		
Lunch	Sandwich, Green	Pasta and	& Rice/Quinoa	with Yogurt	Vegetables with		
	Beans,	Vegetables	Soup,	Dressing,	Quinoa &		
	Apples & Milk	Casserole,	Fruit & Milk	Oranges & Milk	Brown Rice,		
		Oranges & Milk			Pears & Milk		
	Preschool						
	Bagels & 100%	Graham	Apples &	Berries, Banana	Hummus &		
	Orange Juice	Crackers &	Pretzels	and Milk	Carrots		
PM Snack		Pears		Smoothie			
				w/Oats			
	Toddlers						
	Bagels & Milk	Graham	Apples & Cereal	Berries, Banana	Hummus &		
		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

Dec. 21 <sup>st</sup> - Dec. 25 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool	v	č	
	Pita Bread	Cooking	Cucumber Slices			
	& Apples	Pancakes &	&	School Closed	School Closed	
AM Snack		Milk	Hummus			
			Toddlers			
	Pita Bread		Cucumber Slices			
	&	Waffles & Milk	&	School Closed	School Closed	
	Apples		Hummus			
	Turkey and	Quesadillas with	Chicken Quinoa			
Lunch	Cheese	Spinach,	& Veggie Soup,			
	Sandwich,	Apples & Milk	Fruit	School Closed	School Closed	
	Carrots with		& Milk			
	Yogurt Dip,					
	Oranges & Milk					
	Preschool					
	Kix Cereal	Cube Cheese &	Wheat English			
	& Fruit	Pretzels	Muffin	School Closed	School Closed	
PM Snack			& Apples			
	Toddlers					
	Kix Cereal	Cube Cheese &	Wheat English			
	&	Whole Grain	Muffin	School Closed	School Closed	
	Fruit	Cracker	& Apples			

Dec. 28 <sup>th</sup> - Jan. 1 <sup>st</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
AM Snack		Preschool					
	School Closed	School Closed	School Closed	School Closed	School Closed		
		Toddlers					
	School Closed	School Closed	School Closed	School Closed	School Closed		
Lunch	School Closed	School Closed	School Closed	School Closed	School Closed		
	Preschool						
PM Snack	School Closed	School Closed	School Closed	School Closed	School Closed		
	Toddlers						
	School Closed	School Closed	School Closed	School Closed	School Closed		
Water	is served throughout (	the day and with lu	nch and snacks- 5:	00 PM fruit snack	daily		

Menu Subject to Change

### Edgewater Preschool

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Weekly Snack & Lunch Menu

Jan. 4 <sup>th</sup> - Jan. 8 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
		Preschool					
	Chex Cereal &	Graham	Herb Greek	Milk & Kix	Cooking		
	Apples	Crackers & Milk	Yogurt Dip &	Cereal	Tortilla with		
AM Snack			Carrots		Butter & Milk		
		1	Toddlers	1			
	Chex Cereal &	Graham	Herb Greek	Milk & Kix	Tortilla with		
	Apples	Crackers & Milk	Yogurt Dip &	Cereal	Butter & Milk		
			Carrots				
	Turkey &	Mac n 'Cheese	Lentil Soup with	Pizza,	Chicken,		
	Spinach Grilled	Green Beans	Carrots, Tortilla,	Salad with	Vegetables and		
Lunch	Cheese	Apples & Milk	Pears & Milk	Yogurt Dressing,	Quinoa &		
	Sandwich, Pears			Oranges & Milk	Brown Rice		
	& Milk				Casserole		
					Melon & Milk		
	Preschool						
	Whole Grain	Hummus &	Oranges &	Cube Cheese &	Pretzels &		
	Cracker & 100%	Carrots Sticks	Multi-Grain	Pears	Bananas		
PM Snack	Pineapple Juice		Cheerios				
	Toddlers						
	Whole Grain	Hummus &	Oranges &	Cube Cheese &	Cheerios &		
	Cracker & 100%	Carrots Sticks	Multi-Grain	Pears	Bananas		
	Pineapple Juice		Cheerios				
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Jan. 11 <sup>th</sup> - Jan. 15 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Multi-Grain	Hummus & Pita	Apples & Wheat	Cooking	Pita Bread &		
	Rice Crackers	Bread	English Muffin	Scrambled Eggs	Bananas		
AM Snack	&			& Oranges			
	Fruit						
	Toddlers						
	Multi-Grain	Hummus & Pita	Apples & Wheat	Scrambled Eggs	Pita Bread &		
	Crackers &	Bread	English Muffin	& Oranges	Bananas		
	Fruit						
	Fish Sticks	Baked Chicken,	Beef & Broccoli	Chicken,	Spaghetti, Meat		
	Carrots with	Brown Rice with	Quesadillas,	Vegetable &	Sauce with Peas,		
Lunch	Yogurt Dip,	Peas, Fruit &	Oranges & Milk	Quinoa Soup,	Pears & Milk		
	Wheat Bread	Milk		Fruit & Milk			
	Melon & Milk						
	Preschool						
	Cheese &	Graham	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios	Crackers	Oats and Milk	Yogurt Dip &	Grain Crackers		
PM Snack		& Fruit	Smoothie	Cucumber Slices			
	Toddlers						
	Cheese &	Graham	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios	Crackers	Oats and Milk	Yogurt Dip &	Grain Crackers		
		& Fruit	Smoothie	Cucumber Slices			

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

### Edgewater Preschool

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# Weekly Snack & Lunch Menu

<u>Menu Subject to Change</u>							
Jan. 18 <sup>th</sup> - Jan. 22 <sup>nd</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
		Oranges &	Bagel,	Cooking	Yogurt & Fruit		
	School Closed	Wheat English	Cream Cheese	Toast with			
AM Snack		Muffin	& 100% Orange	Butter &			
			Juice	Pears			
			Toddlers				
		Oranges &	Bagel,	Toast with	Yogurt & Fruit		
	School Closed	Wheat English	Cream Cheese	Butter &			
		Muffin	& 100% Orange	Pears			
			Juice				
		Split Pea Soup	Baked Chicken,	Chicken Stir Fry	Pizza, Salad		
Lunch		with Carrots,	Mashed	Vegetables with	with Yogurt		
	School Closed	Pears & Milk	Potatoes, Mixed	Spaghetti	Dressing,		
			Veggies, Melon	Noodles, Fruit &	Oranges & Milk		
			& Milk	Milk			
			Preschool				
		Cheese Cubes &	Hummus & Pita	Chex Cereal &	Pretzels & Pears		
	School Closed	Pretzels	Bread	Bananas			
PM Snack							
	Toddlers						
		Cheese Cubes &	Hummus & Pita	Chex Cereal &	Wheat Crackers		
	School Closed	Whole Grain	Bread	Bananas	& Pears		
		Crackers					

Jan. 25 <sup>th</sup> - Jan. 29 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	Kix Cereal	Hummus &	Cooking	Multi-Grain	Graham	
	&	Cucumbers	Oatmeal & Milk	Cheerios &	Crackers	
AM Snack	100% Juice			Pears	& Fruit	
			Toddlers			
	Kix Cereal	Hummus &		Multi-Grain	Graham	
	&	Cucumbers	Oatmeal & Milk	Cheerios &	Crackers	
	Milk			Pears	& Fruit	
	Chicken	Lentil Soup with	Meat Loaf	BBQ Chicken,	Penne Pasta,	
Lunch	Nuggets,	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with	
	Carrots with	Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,	
	Yogurt Dip,		& Milk	Mixed	Apples	
	Wheat Bread			Vegetables,	& Milk	
	Fruit & Milk			Oranges & Milk		
	Preschool					
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &	
	Crackers &	Muffin & Cream	Cinnamon Dip		Cheese	
PM Snack	Oranges	Cheese	& Apples			
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain	
	Crackers &	Muffin & Cream	Cinnamon Dip		Crackers &	
	Oranges	Cheese	& Apples		Cheese	

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