

Edgewater Preschool

Weekly Snack & Lunch Menu

Dec. 7 th - Dec. 11 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Pita Bread	<i>Cooking</i> Waffles & Milk
	Toddlers				
	Whole Grain Cracker & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Hummus & Pita Bread	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 Nuggets, Sautéed Broccoli, Wheat Bread, 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

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

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Weekly Snack & Lunch Menu

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

Dec. 28 th - Jan. 1 st	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
PM Snack	Preschool				
	School Closed	School Closed	School Closed	School Closed	School Closed
	Toddlers				
	School Closed	School Closed	School Closed	School Closed	School Closed

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Weekly Snack & Lunch Menu

Jan. 4 th - Jan. 8 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Apples	Graham Crackers & Milk	Herb Greek Yogurt Dip & Carrots	Milk & Kix Cereal	<i>Cooking</i> Tortilla with Butter & Milk
	Toddlers				
	Chex Cereal & Apples	Graham Crackers & Milk	Herb Greek Yogurt Dip & Carrots	Milk & Kix Cereal	Tortilla with Butter & Milk
Lunch	Turkey & Spinach Grilled Cheese Sandwich, Pears & Milk	Mac n `Cheese Green Beans Apples & Milk	Lentil Soup with Carrots, Tortilla, Pears & 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	Hummus & Carrots Sticks	Oranges & Multi-Grain Cheerios	Cube Cheese & Pears	Pretzels & Bananas
	Toddlers				
	Whole Grain Cracker & 100% Pineapple Juice	Hummus & Carrots Sticks	Oranges & Multi-Grain Cheerios	Cube Cheese & Pears	Cheerios & Bananas

Jan. 11 th - Jan. 15 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Fruit	Hummus & Pita Bread	Apples & Wheat English Muffin	<i>Cooking</i> Scrambled Eggs & Oranges	Pita Bread & Bananas
	Toddlers				
	Multi-Grain Crackers & Fruit	Hummus & Pita Bread	Apples & Wheat English Muffin	Scrambled Eggs & Oranges	Pita Bread & Bananas
Lunch	Fish Sticks Carrots with Yogurt Dip, Wheat Bread Melon & Milk	Baked Chicken, Brown Rice with Peas, Fruit & Milk	Beef & Broccoli Quesadillas, Oranges & Milk	Chicken, Vegetable & Quinoa Soup, Fruit & Milk	Spaghetti, Meat Sauce with Peas, Pears & Milk
PM Snack	Preschool				
	Cheese & Cheerios	Graham Crackers & Fruit	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers
	Toddlers				
	Cheese & Cheerios	Graham Crackers & Fruit	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers

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Jan. 18 th - Jan. 22 nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	School Closed	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Cooking Toast with Butter & Pears	Yogurt & Fruit
	Toddlers				
	School Closed	Oranges & Wheat English Muffin	Bagel, Cream Cheese & 100% Orange Juice	Toast with Butter & Pears	Yogurt & Fruit
Lunch	School Closed	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				
	School Closed	Cheese Cubes & Pretzels	Hummus & Pita Bread	Chex Cereal & Bananas	Pretzels & Pears
	Toddlers				
	School Closed	Cheese Cubes & Whole Grain Crackers	Hummus & Pita Bread	Chex Cereal & Bananas	Wheat Crackers & Pears

Jan. 25 th - Jan. 29 th	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	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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