

Edgewater Preschool

Weekly Snack & Lunch Menu

June 20 th - June 24 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Wheat Thins & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Whole Grain Cracker & Fruit	<i>Cooking</i> Waffles & Milk
	Toddlers				
	Wheat Thins & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Whole Grain Cracker & Fruit	Pancakes & 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	Cheerios & Bananas

June 27 th - July 1 st	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	Chex cereal & Bananas
	Toddlers				
	Whole Grain Crackers & Fruit	Cube Cheese & Pita Bread	English Muffin & Yogurt	Cheerios & Milk	Chex cereal & 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	Wheat Thins & Pears	Apples & Pretzels	Berries, Banana and Milk Smoothie w/Oats	Greek Yogurt Dip & Carrots
	Toddlers				
	Chex Cereal & Cottage Cheese	Wheat Thins & Cottage Cheese	Apples & Cereal	Berries, Banana and Milk Smoothie w/Oats	Greek Yogurt Dip & Carrots

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

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Weekly Snack & Lunch Menu

July 4 th - July 8 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	<i>School Closed</i>	Wheat Thins & Apples	Cucumber Slices & Herb Greek Yogurt Dip	Bagels with Cream Cheese & Fresh Fruit	Pita Bread & Apples
	Toddlers				
	<i>School Closed</i>	Wheat Thins & Apples	Cucumber Slices & Herb Greek Yogurt Dip	Bagels with Cream Cheese & Fresh Fruit	Pita Bread & Apples
Lunch	<i>School Closed</i>	Chicken Nuggets, Slice of Wheat Bread, Sautéed Broccoli, Oranges & Milk	Chicken Quinoa & Veggie Soup, Fruit & Milk	Teriyaki Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Pears & Milk
PM Snack	Preschool				
	<i>School Closed</i>	Kix Cereal & Fruit	Wheat English Muffin & Apples	Multi-Grain Rice Crackers & Bananas	Yogurt & Fruit
	Toddlers				
	<i>School Closed</i>	Kix Cereal & Fruit	Wheat English Muffin & Apples	Multi-Grain Crackers & Bananas	Yogurt & Fruit

July 11 th - July 15 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Fresh Fruit	Cereal & Fruit	<i>Cooking</i> Quesadilla	Cheese Cubes & Apples	Wheat Thins & Milk
	Toddlers				
	Cheerios Fresh Fruit	Cereal & Fruit	Quesadilla	Cheese Cubes & Apples	Wheat Thins & 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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July 18 th - July 22 nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Apples	Cheese & Crackers	Herb Greek Yogurt Dip & Carrots	Milk & Kix Cereal	<i>Cooking</i> Tortilla with Butter & Milk
	Infant & Toddlers				
	Chex Cereal & Apples	Cheese & Crackers	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	Meat Lasagna, Oranges & Milk	Chicken, Vegetables and Quinoa & Brown Rice Casserole Melon & Milk
PM Snack	Preschool				
	Whole Grain Cracker & 100% Pineapple Juice	Pretzels & Bananas	Oranges & Cheerios	Wheat Thins & Fruit	Cube Cheese & Pears
	Toddlers				
	Whole Grain Cracker & Cottage Cheese	Cheerios & Bananas	Oranges & Cheerios	Wheat Thins & Fruit	Cottage Cheese & Pears

July 25 th - July 29 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Fruit	Chex Cereal & Milk	Apples & Wheat English Muffin	<i>Cooking</i> Scrambled Eggs & Milk	Pita Bread & Bananas
	Toddlers				
	Multi-Grain Crackers & Fruit	Chex Cereal & Milk	Apples & Wheat English Muffin	Cheerios & Milk	Pita Bread & Bananas
Lunch	Fish Sticks, Slice of Wheat Bread, Celery Sticks with Yogurt Dip 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	Cereal & Oranges	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers
	Toddlers				
	Cheese & Cheerios	Cereal & Oranges	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers

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August 1 st - August 5 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Melon	Oranges & Wheat English Muffin	Bagel, Cream Cheese & Fresh Fruit	<i>Cooking</i> Toast with Butter & Pears	Yogurt & Fruit
	Toddlers				
	Multi-Grain Crackers & Melon	Oranges & Wheat English Muffin	Bagel, Cream Cheese & Fresh Fruit	Toast with Butter & Pears	Yogurt & Fruit
Lunch	Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Apples & Milk	Split Pea Soup with Carrots, Pears & Milk	Baked Chicken, Mashed Potatoes, Mixed Veggies, Melon & Milk	Chicken Stir Fry Vegetables with Spaghetti Noodles, Fruit & Milk	Meat Lasagna, Salad with Yogurt Dressing, Oranges & Milk
PM Snack	Preschool				
	Chex Cereal & Bananas	Cheese Cubes & Pretzels	Wheat Thins & Oranges	Herb Greek Yogurt Dip & Carrots	Pretzels & Pears
	Infant & Toddlers				
	Chex Cereal & Bananas	Cheese Cubes & Whole Grain Crackers	Wheat Thins & Oranges	Herb Greek Yogurt Dip & Carrots	Wheat Crackers & Pears

August 8 th - August 12 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Kix Cereal & Fresh Fruit	Cheerios & Apples	<i>Cooking</i> Oatmeal & Milk	Cereal & Pears	Wheat Thins & Fruit
	Toddlers				
	Kix Cereal & Cottage Cheese	Cheerios & Apples	Oatmeal & Milk	Cereal & Pears	Wheat Thins & Fruit
Lunch	Chicken Nuggets, Slice of Wheat Bread, Celery Sticks with Yogurt Dip, 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
	Infant & 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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