

Edgewater Preschool

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Weekly Snack & Lunch Menu

May 22 nd – May 26 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, Oranges & Milk	Chicken, Veggies and Rice Soup, Pears & Milk	Creamy Tomato Chicken, Vegetable & Penne Pasta Casserole, Oranges & Milk
PM Snack	Preschool				
	Cheese Cubes & Pears	Fruit & Pita Bread	Fruit & Multi-Grain Rice Crackers	Yogurt & Melon	Pretzels & Bananas
	Toddlers				
	Cheese Cubes & Pears	Fruit & Pita Bread	Fruit & Multi-Grain Wheat Crackers	Yogurt & Melon	Cheerios & Bananas

May 29 th – June 2 nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	<i>School Closed</i>	Whole Grain Crackers & Fruit	English Muffin & Yogurt	<i>Cooking</i> Scrambled Eggs & Milk	Chex cereal & Bananas
	Toddlers				
	<i>School Closed</i>	Whole Grain Crackers & Fruit	English Muffin & Yogurt	Cheerios & Milk	Chex cereal & Bananas
Lunch	<i>School Closed</i>	Grilled Cheese Sandwich with Spinach, Apples & 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				
	<i>School Closed</i>	Chex Cereal & 100% Grape Juice	Apples & Pretzels	Berries, Banana and Milk Smoothie w/Oats	Greek Yogurt Dip & Carrots
	Toddlers				
	<i>School Closed</i>	Chex Cereal & Cottage Cheese	Apples & Cereal	Berries, Banana and Milk Smoothie w/Oats	Greek Yogurt Dip & Carrots

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Weekly Snack & Lunch Menu

June 5 th – June 9 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Wheat Thins & Apples	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Herb Greek Yogurt Dip	Bagels with Cream Cheese & Fresh Fruit	Pita Bread & Apples
	Toddlers				
	Wheat Thins & Apples	Pancakes & Milk	Cucumber Slices & Herb Greek Yogurt Dip	Bagels with Cream Cheese & Fresh Fruit	Pita Bread & Apples
Lunch	Chicken Nuggets, Slice of Wheat Bread, Sautéed Broccoli, Oranges & Milk	Quesadillas with Spinach, Apples & Milk	Chicken Quinoa & Veggie Soup, Fruit & Milk	Teriyaki Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Pears & Milk
PM Snack	Preschool				
	Kix Cereal & Fruit	Cube Cheese & Pretzels	Wheat English Muffin & Apples	Multi-Grain Rice Crackers & Bananas	Yogurt & Fruit
	Toddlers				
	Kix Cereal & Fruit	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Apples	Multi-Grain Crackers & Bananas	Yogurt & Fruit

June 12 th – June 16 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Fresh Fruit	Cereal & Fruit	<i>Cooking</i> Quesadilla	Wheat Thins & Milk	Cheese Cubes & Apples
	Toddlers				
	Cheerios Fresh Fruit	Cereal & Fruit	Quesadilla	Wheat Thins & Milk	Cheese Cubes & Apples
Lunch	Lentil Soup with Carrots, Tortilla, Pears & Milk	Baked Chicken, Mashed Potatoes, Green Beans, Fruit & Milk	Ground Beef with Broccoli & Quinoa & Brown Rice, Oranges & Milk	Vegetable, Beef and Rice/Quinoa Soup, Melon & Milk	Mac & Cheese, Peas & Carrots, Oranges & Milk
PM Snack	Preschool				
	Apples & Cube Cheese	Pita Bread With Cream Cheese	Whole Grain Crackers & Apples	Cheerios & Bananas	Wheat English Muffin & Pears
	Toddlers				
	Apples & Cube Cheese	Pita Bread With Cream Cheese	Whole Grain Crackers & Apples	Cheerios & Bananas	Wheat English Muffin & Pears

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Weekly Snack & Lunch Menu

June 19 th – June 23 rd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Apples	Cheese & Crackers	Herb Greek Yogurt Dip & Carrots	Milk & Kix Cereal	Cooking 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, Oranges & Milk	Meat Lasagna, Melon & Milk	Chicken, Vegetables and Quinoa & Brown Rice Casserole Oranges & Milk
PM Snack	Preschool				
	Whole Grain Cracker & 100% Pineapple Juice	Pretzels & Bananas	Apples & Cheerios	Wheat Thins & Fruit	Cube Cheese & Pears
	Toddlers				
	Whole Grain Cracker & Cottage Cheese	Cheerios & Bananas	Apples & Cheerios	Wheat Thins & Fruit	Cottage Cheese & Pears

June 26 th – June 30 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Fruit	Chex Cereal & Milk	Apples & Wheat English Muffin	Pita Bread & Bananas	Cooking Scrambled Eggs & Milk
	Toddlers				
	Multi-Grain Crackers & Fruit	Chex Cereal & Milk	Apples & Wheat English Muffin	Pita Bread & Bananas	Cheerios & Milk
Lunch	Fish Sticks, Slice of Wheat Bread, Celery Sticks with Yogurt Dip Melon & Milk	Mac n 'Cheese Green Beans Oranges & Milk	Beef & Broccoli Quesadillas, Pears & Milk	Chicken, Vegetable & Quinoa Soup, Fruit & Milk	Spaghetti, Meat Sauce with Peas, Oranges & Milk
PM Snack	Preschool				
	Cheese & Cheerios	Cereal & Apples	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers
	Toddlers				
	Cheese & Cheerios	Cereal & Apples	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers

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Weekly Snack & Lunch Menu

July 3 rd – July 7 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Melon	<i>School Closed</i>	Wheat Thins & Fruit	<i>Cooking</i> Toast with Butter & Pears	Yogurt & Fruit
	Toddlers				
	Multi-Grain Crackers & Melon	<i>School Closed</i>	Wheat Thins & Fruit	Toast with Butter & Pears	Yogurt & Fruit
Lunch	Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Apples & Milk	<i>School Closed</i>	Split Pea Soup with Carrots, Oranges & Milk	Chicken Stir Fry Vegetables with Spaghetti Noodles, Fruit & Milk	Meat Lasagna, Salad with Yogurt Dressing, Oranges & Milk
PM Snack	Preschool				
	Chex Cereal & Bananas	<i>School Closed</i>	Cheese Cubes & Pretzels	Herb Greek Yogurt Dip & Carrots	Pretzels & Pears
	Infant & Toddlers				
	Chex Cereal & Bananas	<i>School Closed</i>	Cheese Cubes & Whole Grain Crackers	Herb Greek Yogurt Dip & Carrots	Wheat Crackers & Pears

July 10 th – July 14 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, Oranges & 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 & Fruit	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Pretzels & Cheese
	Infant & Toddlers				
	Whole Grain Crackers & Fruit	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Whole Grain Crackers & Cheese

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