

Edgewater Preschool Weekly Snack & Lunch Menu

| July 17 th – July 21 st | 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, Oranges & Milk | Baked Chicken, Brown Rice, Green Beans, Melon & 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 |

| July 24 th – July 28 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 | 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 | Creamy Tomato Chicken, Vegetable & Penne Pasta Casserole, Pears & Milk | Chicken, Vegetable, & Rice/Quinoa Soup, Fruit & Milk | Broccoli with Beef & Quinoa & Brown Rice, Melon & Milk | “Chili Con Carne,” Broccoli, Oranges & 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

Menu Subject to Change

Weekly Snack & Lunch Menu

| July 31 st – August 4 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 | School Closed |
| | Toddlers | | | | |
| | Wheat Thins & Apples | Pancakes & Milk | Cucumber Slices & Herb Greek Yogurt Dip | Bagels with Cream Cheese & Fresh Fruit | School Closed |
| Lunch | Chicken Nuggets, Slice of Wheat Bread, Sautéed Broccoli, Oranges & Milk | Quesadillas with Spinach, Apples & Milk | Chicken Quinoa & Veggie Soup, Fruit & Milk | Baked Chicken, Brown Rice, Green Beans, Melon & Milk | School Closed |
| PM Snack | Preschool | | | | |
| | Kix Cereal & Fruit | Cube Cheese & Pretzels | Wheat English Muffin & Apples | Multi-Grain Rice Crackers & Bananas | School Closed |
| | Toddlers | | | | |
| | Kix Cereal & Fruit | Cube Cheese & Whole Grain Cracker | Wheat English Muffin & Apples | Multi-Grain Crackers & Bananas | School Closed |

| August 7 th – August 11 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, Oranges & 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 & 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 |

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

Menu Subject to Change

Weekly Snack & Lunch Menu

| August 14 th – August 18 th | 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, Fruit & Milk | Baked Chicken, Brown Rice with Peas, Pears & Milk | “Chili Con Carne” Broccoli, Oranges & 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 | Apples & Cheerios | Wheat Thins & Fruit | Cube Cheese & Pears |
| | Toddlers | | | | |
| | Whole Grain Cracker & Cottage Cheese | Cheerios & Bananas | Apples & Cheerios | Wheat Thins & Fruit | Cottage Cheese & Pears |

| August 21 st – August 25 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 Oranges & Milk | Beef & Broccoli Quesadillas, Pears & Milk | Chicken, Vegetable & Quinoa Soup, Oranges & Milk | Spaghetti, Meat Sauce with Peas, Pears & 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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Menu Subject to Change

Edgewater Preschool Weekly Snack & Lunch Menu

| August 28 th – Sept 1 st | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|------------------------------|
| AM Snack | Preschool | | | | |
| | Multi-Grain Rice Crackers & Melon | Pears & Wheat English Muffin | Bagel, Cream Cheese & Fresh Fruit | <i>Cooking</i> Toast with Butter & Pears | Yogurt & Fruit |
| | Toddlers | | | | |
| | Multi-Grain Crackers & Melon | Pears & 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 | “Chili Con Carne,” Broccoli, Oranges & Milk | Meat Lasagna, Oranges & Milk |
| PM Snack | Preschool | | | | |
| | Chex Cereal & Bananas | Cheese Cubes & Pretzels | Wheat Thins & Fruit | Herb Greek Yogurt Dip & Carrots | Pretzels & Pears |
| | Infant & Toddlers | | | | |
| | Chex Cereal & Bananas | Cheese Cubes & Whole Grain Crackers | Wheat Thins & Fruit | Herb Greek Yogurt Dip & Carrots | Wheat Crackers & Pears |

| Sept 4 th – Sept 8 th | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------------------|--|--|--|--|
| AM Snack | Preschool | | | | |
| | School Closed | Cheerios & Apples | <i>Cooking</i> Oatmeal & Milk | Cereal & Pears | Wheat Thins & Fruit |
| | Toddlers | | | | |
| | School Closed | Cheerios & Apples | Oatmeal & Milk | Cereal & Pears | Wheat Thins & Fruit |
| Lunch | School Closed | Lentil Soup with Carrots, Tortilla, Pears & Milk | Meat Loaf Brown Rice with Broccoli, Melon & Milk | Baked Chicken, Mashed Potatoes, Mixed Vegetables, Oranges & Milk | Penne Pasta, Beef, Peas with Tomato Sauce, Apples & Milk |
| PM Snack | Preschool | | | | |
| | School Closed | Wheat English Muffin & Cream Cheese | Greek Yogurt Cinnamon Dip & Apples | Banana & Milk | Pretzels & Cheese |
| | Infant & Toddlers | | | | |
| | School Closed | Wheat English Muffin & Cream Cheese | Greek Yogurt Cinnamon Dip & Apples | Banana & Milk | Whole Grain Crackers & Cheese |

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

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