Edgewater Preschool

Weekly Snack & Lunch Menu

Jan. 1st – Jan. 5th	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	School Closed	Cheerios &	Cinnamon	Whole Grain	Cooking	
		Pears	Greek Yogurt	Cracker & Fruit	Waffles & Milk	
AM Snack			Dip & Apples			
			Toddlers			
		Cheerios &	Cinnamon Greek	Whole Grain	Pancakes &	
	School Closed	Pears	Yogurt Dip &	Cracker & Fruit	Milk	
			Apples			
		Split Pea Soup	Spaghetti with	Chicken,	Baked Chicken,	
Lunch	School Closed	with Carrots,	Meat Sauce &	Veggies and	Brown Rice,	
		Tortilla,	Peas, Oranges	Rice Soup,	Green Beans,	
		Melon & Milk	& Milk	Oranges & Milk	Melon & Milk	
	Preschool					
		Cheese Cubes &	Fruit & Multi-	Yogurt & Melon	Pretzels	
	School Closed	Pears	Grain Rice	-	& Bananas	
PM Snack			Crackers			
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	School Closed	Cheese Cubes &	Fruit & Multi-	Yogurt & Melon	Cheerios	
		Pears	Grain Wheat		& Bananas	
			Crackers			

Jan. 8 th – Jan. 12 th	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Whole Grain	Cube Cheese &	English Muffin	Cooking	Chex cereal &		
	Crackers & Fruit	Pita Bread	& Yogurt	Scrambled Eggs	Bananas		
AM Snack				& Milk			
			Toddlers				
	Whole Grain	Cube Cheese &	English Muffin	Cheerios & Milk	Chex cereal &		
	Crackers & Fruit	Pita Bread	& Yogurt		Bananas		
	Grilled Cheese	Creamy Tomato	Chicken,	Broccoli with	"Chili Con		
Lunch	Sandwich with	Chicken,	Vegetable, &	Beef & Quinoa	Carne,"		
Lunch			_		· · · · · · · · · · · · · · · · · · ·		
	Spinach,	Vegetable &	Rice/Quinoa	& Brown Rice,	Broccoli,		
	Apples & Milk	Penne Pasta	Soup,	Melon	Oranges & Milk		
		Casserole, Pears	Fruit & Milk	& Milk			
		& Milk					
	Preschool						
	Chex Cereal &	Wheat Thins &	Apples &	Berries, Banana	Greek Yogurt		
	100% Grape	Pears	Pretzels	and Milk	Dip & Carrots		
PM Snack	Juice			Smoothie			
				w/Oats			
	Toddlers						
	Chex Cereal &	Wheat Thins &	Apples & Cereal	Berries, Banana	Greek Yogurt		
	Cottage Cheese	Cottage Cheese		and Milk	Dip & Carrots		
		_		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>

Jan. 15 th – Jan. 19 th Monday Tuesday Wednesday Thursday Friday
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Weekly Snack & Lunch Menu

	Preschool						
		Wheat Thins	Cucumber Slices	Bagels with	Pita Bread &		
	School Closed	& Apples	&	Cream Cheese &	Apples		
AM Snack			Herb Greek	Fresh Fruit			
			Yogurt Dip				
			Toddlers				
			Cucumber Slices	Bagels with	Pita Bread &		
	School Closed	Wheat Thins	&	Cream Cheese &	Apples		
		&	Herb Greek	Fresh Fruit			
		Apples	Yogurt Dip				
		Chicken	Chicken Quinoa	Baked Chicken,	Meat Lasagna,		
Lunch	School Closed	Nuggets, Slice	& Veggie Soup,	Brown Rice,	Pears		
		of Wheat Bread,	Fruit	Green Beans,	& Milk		
		Sautéed	& Milk	Melon & Milk			
		Broccoli,					
		Oranges & Milk					
		Γ	Preschool				
		Kix Cereal	Wheat English	Multi-Grain	Yogurt		
	School Closed	& Fruit	Muffin	Rice Crackers	& Fruit		
PM Snack			& Apples	& Bananas			
		Kix Cereal	Wheat English	Multi-Grain	Yogurt		
	School Closed	&	Muffin	Crackers	&		
		Fruit	& Apples	& Bananas	Fruit		

Jan. 22 nd – Jan. 26 th	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Cheerios	Cereal & Fruit	Cooking	Cheese Cubes &	Wheat Thins &		
	& Fresh Fruit		Quesadilla	Apples	Milk		
AM Snack			Toddlers				
	Cheerios	Cereal & Fruit		Cheese Cubes &	Wheat Thins		
	Fresh Fruit		Quesadilla	Apples	& Milk		
	Lentil Soup with	Baked Chicken,	Ground Beef	Vegetable, Beef	Mac & Cheese,		
	Carrots, Tortilla,	Mashed	with Broccoli &	and Rice/Quinoa	Peas & Carrots,		
Lunch	Pears & Milk	Potatoes, Green	Quinoa &	Soup, Oranges	Melon & Milk		
		Beans, Fruit &	Brown Rice,	& Milk			
		Milk	Oranges & Milk				
	Preschool						
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English		
	&	With Cream	Crackers	Bananas	Muffin		
PM Snack	Cube Cheese	Cheese	&		&		
			Apples		Pears		
	Toddlers						
	Apples	Pita Bread	Whole Grain	Cheerios &	Wheat English		
	&	With Cream	Crackers	Bananas	Muffin		
	Cube Cheese	Cheese	&		&		
			Apples		Pears		

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Jan. 29 th – Feb. 2 nd	Monday	Tuesday	Wednesday	Thursday	Friday
			Preschool		

Weekly Snack & Lunch Menu

	Chex Cereal &	Cheese &	Herb Greek	Milk & Kix	Cooking		
	Apples	Crackers	Yogurt Dip &	Cereal	Tortilla with		
AM Snack			Carrots		Butter & Milk		
			Infant & Toddlers				
	Chex Cereal &	Cheese &	Herb Greek	Milk & Kix	Tortilla with		
	Apples	Crackers	Yogurt Dip &	Cereal	Butter & Milk		
			Carrots				
	Turkey &	Baked Chicken,	"Chili Con	Meat Lasagna,	Chicken,		
	Spinach Grilled	Brown Rice with	Carne" Broccoli,	Oranges & Milk	Vegetables and		
Lunch	Cheese	Peas, Pears &	Oranges & Milk		Quinoa &		
	Sandwich, Fruit	Milk			Brown Rice		
	& Milk				Casserole		
					Melon & Milk		
	Preschool						
	Whole Grain	Pretzels &	Apples &	Wheat Thins	Cube Cheese &		
	Cracker & 100%	Bananas	Cheerios	& Fruit	Pears		
PM Snack	Pineapple Juice						
	Toddlers						
	Whole Grain	Cheerios &	Apples &	Wheat Thins	Cottage Cheese		
	Cracker &	Bananas	Cheerios	& Fruit	& Pears		
	Cottage Cheese						

Feb. 5 th – Feb. 9 th	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Multi-Grain	Chex Cereal &	Apples & Wheat	Cooking	Pita Bread &		
	Rice Crackers	Milk	English Muffin	Scrambled Eggs	Bananas		
AM Snack	&			& Milk			
	Fruit						
			Toddlers				
	Multi-Grain	Chex Cereal &	Apples & Wheat	Cheerios	Pita Bread &		
	Crackers &	Milk	English Muffin	& Milk	Bananas		
	Fruit						
	Fish Sticks,	Mac n 'Cheese	Beef & Broccoli	Chicken,	Spaghetti, Meat		
	Slice of Wheat	Green Beans	Quesadillas,	Vegetable &	Sauce with Peas,		
Lunch	Bread, Celery	Oranges & Milk	Pears & Milk	Quinoa Soup,	Pears & Milk		
	Sticks with			Oranges & Milk			
	Yogurt Dip						
	Melon & Milk						
	Preschool						
	Cheese &	Cereal & Apples	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios		Oats and Milk	Yogurt Dip &	Grain Crackers		
PM Snack			Smoothie	Cucumber Slices			
	Toddlers						
	Cheese &	Cereal & Apples	Berries, Banana,	Herb Greek	Yogurt & Whole		
	Cheerios		Oats and Milk	Yogurt Dip &	Grain Crackers		
			Smoothie	Cucumber Slices			

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Feb. 12 th – Feb. 16 th	Monday	Tuesday	Wednesday	Thursday	Friday
			Preschool		

Weekly Snack & Lunch Menu

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		Multi-Grain	Bagel,	Cooking	Yogurt & Fruit		
	School Closed	Rice Crackers &	Cream Cheese	Toast with			
AM Snack		Melon	& Fresh Fruit	Butter &			
				Pears			
			Toddlers				
		Multi-Grain	Bagel,	Toast with	Yogurt & Fruit		
	School Closed	Crackers &	Cream Cheese	Butter &			
		Melon	& Fresh Fruit	Pears			
		Split Pea Soup	Baked Chicken,	"Chili Con	Meat Lasagna,		
Lunch	School Closed	with Carrots,	Mashed	Carne,"	Oranges & Milk		
		Pears & Milk	Potatoes, Mixed	Broccoli,			
			Veggies, Melon	Oranges & Milk			
			& Milk	C			
	Preschool						
		Cheese Cubes &	Wheat Thins	Herb Greek	Pretzels & Pears		
	School Closed	Pretzels	& Fruit	Yogurt Dip &			
PM Snack				Carrots			
	Infant & Toddlers						
		Cheese Cubes &	Wheat Thins	Herb Greek	Wheat Crackers		
	School Closed	Whole Grain	& Fruit	Yogurt Dip &	& Pears		
		Crackers		Carrots			

Feb. 19 th – Feb. 23 rd	Monday	Tuesday	Wednesday	Thursday	Friday		
	Preschool						
		Cheerios &	Cooking	Cereal	Wheat Thins		
	School Closed	Apples	Oatmeal & Milk	& Pears	& Fruit		
AM Snack							
			Toddlers				
		Cheerios &		Cereal	Wheat Thins		
	School Closed	Apples	Oatmeal & Milk	& Pears	& Fruit		
		Lentil Soup with	Meat Loaf	Baked Chicken,	Penne Pasta,		
Lunch	School Closed	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with		
		Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,		
			& Milk	Mixed	Apples		
				Vegetables,	& Milk		
				Oranges & Milk			
	Preschool						
		Wheat English	Greek Yogurt	Banana & Milk	Pretzels &		
	School Closed	Muffin & Cream	Cinnamon Dip		Cheese		
PM Snack		Cheese	& Apples				
			Infant & Toddlers				
		Wheat English	Greek Yogurt	Banana & Milk	Whole Grain		
	School Closed	Muffin & Cream	Cinnamon Dip		Crackers &		
		Cheese	& Apples		Cheese		

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