

Edgewater Preschool

Weekly Snack & Lunch Menu

Jan. 1 st – Jan. 5 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	<i>School Closed</i>	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Whole Grain Cracker & Fruit	<i>Cooking</i> Waffles & Milk
	Toddlers				
	<i>School Closed</i>	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Whole Grain Cracker & Fruit	Pancakes & Milk
Lunch	<i>School Closed</i>	Split Pea Soup with Carrots, Tortilla, Melon & 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				
	<i>School Closed</i>	Cheese Cubes & Pears	Fruit & Multi-Grain Rice Crackers	Yogurt & Melon	Pretzels & Bananas
	Toddlers				
	<i>School Closed</i>	Cheese Cubes & Pears	Fruit & Multi-Grain Wheat Crackers	Yogurt & Melon	Cheerios & Bananas

Jan. 8 th – Jan. 12 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

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

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
Lunch	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	Baked 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
PM Snack	Toddlers				
	<i>School Closed</i>	Kix Cereal & Fruit	Wheat English Muffin & Apples	Multi-Grain Crackers & Bananas	Yogurt & Fruit

Jan. 22 nd – Jan. 26 th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Fresh Fruit	Cereal & Fruit	<i>Cooking</i> Quesadilla	Cheese Cubes & Apples	Wheat Thins & Milk
AM Snack	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
PM Snack	Toddlers				
	Apples & Cube Cheese	Pita Bread With Cream Cheese	Whole Grain Crackers & Apples	Cheerios & Bananas	Wheat English Muffin & Pears

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Menu Subject to Change

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

Edgewater Preschool Weekly Snack & Lunch Menu

AM Snack	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

Feb. 5 th – Feb. 9 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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Feb. 12 th – Feb. 16 th	Monday	Tuesday	Wednesday	Thursday	Friday
	Preschool				

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AM Snack	<i>School Closed</i>	Multi-Grain Rice Crackers & Melon	Bagel, Cream Cheese & Fresh Fruit	Cooking Toast with Butter & Pears	Yogurt & Fruit
	Toddlers				
	<i>School Closed</i>	Multi-Grain Crackers & Melon	Bagel, Cream Cheese & Fresh Fruit	Toast with Butter & Pears	Yogurt & Fruit
Lunch	<i>School Closed</i>	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				
	<i>School Closed</i>	Cheese Cubes & Pretzels	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Pretzels & Pears
	Infant & Toddlers				
	<i>School Closed</i>	Cheese Cubes & Whole Grain Crackers	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Wheat Crackers & Pears

Feb. 19 th – Feb. 23 rd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	<i>School Closed</i>	Cheerios & Apples	Cooking Oatmeal & Milk	Cereal & Pears	Wheat Thins & Fruit
	Toddlers				
	<i>School Closed</i>	Cheerios & Apples	Oatmeal & Milk	Cereal & Pears	Wheat Thins & Fruit
Lunch	<i>School Closed</i>	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				
	<i>School Closed</i>	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Pretzels & Cheese
	Infant & Toddlers				
	<i>School Closed</i>	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Whole Grain Crackers & Cheese

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