

Edgewater Preschool

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Weekly Snack & Lunch Menu

September 8th -12th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Milk	Whole Grain Cracker & Milk	<i>Cooking</i> Waffles & Milk	Apples & Kix Cereal	Pears & Wheat Thins
	Toddlers				
	Chex Cereal & Milk	Whole Grain Cracker & Milk	Pancakes & Milk	Apples & Milk	Pears & 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 & Fruit	Fruit & Turkey Rolls	Cinnamon Greek Yogurt Dip & Apples	Melon & Cheese Cubes	Yogurt & Pretzels
	Toddlers				
	Cheese Cubes & Fruit	Fruit & Turkey Rolls	Cinnamon Greek Yogurt Dip & Apples	Melon & Cheese Cubes	Yogurt & Cheerios

September 15th - 19th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & Milk	Pears & Kix Cereal	Chex Cereal & Milk	<i>Cooking</i> Scrambled Eggs & Milk	Apples & Wheat Thins
	Toddlers				
	Whole Grain Cracker & Milk	Pears & Milk	Chex Cereal & Milk	Cheerios & Milk	Apples & Milk
Lunch	Grilled Cheese Sandwich with Spinach, Apples & Milk	Creamy Tomato Chicken, Vegetable & Penne Pasta Casserole, Pears & Milk	"Chili Con Carne" Spinach, Oranges & Milk	Broccoli with Beef & Quinoa & Brown Rice, Melon & Milk	Chicken, Vegetable & Rice/Quinoa Soup, Fruit & Milk
PM Snack	Preschool				
	English Muffin & Yogurt	Cheese Cubes & Wheat Thins	Fruit & Turkey Rolls	Berries, Banana and Milk Smoothie w/Oats	Greek Yogurt Ranch Dip & Carrots
	Toddlers				
	English Muffin & Yogurt	Cheese Cubes & Wheat Thins	Fruit & Turkey Rolls	Berries, Banana and Milk Smoothie w/Oats	Greek Yogurt Ranch 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

September 22nd - 26th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios Cereal & Milk	Whole Grain Cracker & Milk	Cooking Pancakes & Milk	Apples & Kix Cereal	Pears & Multi-Grain Crackers
	Toddlers				
	Cheerios Cereal & Milk	Whole Grain Cracker & Milk	Pancakes & Milk	Apples & Milk	Pears & Milk
Lunch	Chicken Nuggets, Slice of Wheat Bread, Sautéed Broccoli, Oranges & Milk	Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Apples & Milk	Chicken Quinoa & Veggie Soup, Fruit & Milk	Baked Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Pears & Milk
PM Snack	Preschool				
	Cube Cheese & Pretzels	Bagels with Cream Cheese	Turkey Rolls & Pears	Greek Yogurt Ranch Dip & Carrots	Yogurt & Fruit
	Toddlers				
	Cube Cheese & Whole Grain Cracker	Bagels with Cream Cheese	Turkey Rolls & Pears	Greek Yogurt Ranch Dip & Carrots	Yogurt & Fruit

Sept. 29th - Oct. 3rd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Fresh Fruit	Cereal & Milk	Crackers & Bananas	Cooking Quesadilla	Wheat Thins & Milk
	Toddlers				
	Cheerios & Milk	Cereal & Milk	Bananas & Milk	Tortillas & Milk	Pears & 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				
	Pita Bread With Cream Cheese	Fruit & Cube Cheese	Hard Boiled Egg & Apples	Turkey Rolls & Pretzels	Greek Yogurt Cinnamon Dip & Apples
	Toddlers				
	Pita Bread With Cream Cheese	Fruit & Cottage Cheese	Cottage Cheese & Apples	Turkey Rolls & Pretzels	Greek Yogurt Cinnamon Dip & Apples

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Weekly Snack & Lunch Menu

October 6th - 10th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Chex Cereal & Apples	Crackers & Fruit	Cooking Tortilla with Butter & Milk	Milk & Kix Cereal	Cheerios & Milk
	Toddlers				
	Chex Cereal & Milk	Crackers & Milk	Tortilla with Butter & Milk	Milk & Kix Cereal	Cheerios & Milk
Lunch	Turkey & Spinach Grilled Cheese Sandwich, Fruit & Milk	Baked Chicken, Brown Rice with Peas, Pears & Milk	"Chili Con Carne" Spinach, Oranges & Milk	Meat Lasagna, Oranges & Milk	Chicken, Vegetables and Quinoa & Brown Rice Casserole Melon & Milk
PM Snack	Preschool				
	Berries, Banana and Milk Smoothie w/Oats	Pretzels & Yogurt	Herb Greek Yogurt Dip & Carrots	Turkey Rolls & Fruit	Cube Cheese & Wheat Thins
	Toddlers				
	Berries, Banana and Milk Smoothie w/Oats	Crackers & Cottage cheese	Herb Greek Yogurt Dip & Carrots	Turkey Rolls & Fruit	Cottage Cheese & Wheat Thins

October 13th - 17th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Pita Bread & Milk	Multi-Grain Rice Crackers & Fruit	English Muffin & Milk	Cooking Toast with Butter & Milk	Chex Cereal & Bananas
	Toddlers				
	Pita Bread & Milk	Whole Wheat Crackers & Fruit	English Muffin & Milk	Toast with Butter & Milk	Bananas & 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, Fruit & Milk	Chicken, Vegetable & Quinoa Soup, Oranges & Milk	Spaghetti, Meat Sauce with Peas, Pears & Milk
PM Snack	Preschool				
	Cheese & Cheerios	Hard Boiled Egg & Apples	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Yogurt & Whole Grain Crackers
	Toddlers				
	Cheese & Cheerios	Cottage Cheese & Apples	Berries, Banana, Oats and Milk Smoothie	Herb Greek Yogurt Dip & Cucumber Slices	Cottage Cheese & Whole Grain Crackers

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Weekly Snack & Lunch Menu

October 20th - 24th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Milk	English Muffin & Pears	Cooking Scrambled Eggs & Milk	Bagel, Cream Cheese & Milk	Pretzels & Pears
	Toddlers				
	Multi-Grain Crackers & Milk	English Muffin & Milk	Cheerios & Milk	Bagel, Cream Cheese & Milk	Fruit & Milk
Lunch	Quesadillas with Spinach, Apples & Milk	Split Pea Soup with Carrots, Tortillas, Pears & Milk	Baked Chicken, Mashed Potatoes, Mixed Veggies, Melon & Milk	"Chili Con Carne" Spinach, Oranges & Milk	Meat Lasagna,, Oranges & Milk
PM Snack	Preschool				
	Cheese Cubes & Pretzels	Turkey Rolls & Pears	Wheat Thins & Milk	Herb Greek Yogurt Dip & Carrots	Yogurt & Fruit
	Toddlers				
	Cheese Cubes & Whole Grain Crackers	Turkey Rolls & Pears	Cottage cheese & Fruit	Herb Greek Yogurt Dip & Carrots	Yogurt & Fruit

October 27th - 31st	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Kix Cereal & Milk	Cheerios & Milk	Checks Cereal & Pears	Cooking Oatmeal & Milk	Wheat Thins & Fruit
	Toddlers				
	Kix Cereal & Milk	Cheerios & Milk	Pears & Milk	Oatmeal & Milk	Wheat Thins & Milk
Lunch	Chicken Nuggets, Slice of Wheat Bread, Celery Sticks with Yogurt Dip, Oranges & Milk	Lentil Soup with Carrots, Tortilla, Pears & Milk	Penne Pasta, Beef, Peas with Tomato Sauce, Apples & Milk	Baked Chicken, Mashed Potatoes, Mixed Vegetables, Oranges & Milk	Meat Loaf Brown Rice with Broccoli, Melon & Milk
PM Snack	Preschool				
	Whole Grain Crackers & Cheese cubes	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Hard Boiled Egg & Apples
	Toddlers				
	Whole Grain Crackers & Cottage Cheese	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Apples & Cheese

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