

Edgewater Preschool

Page 1 of 4

Weekly Snack & Lunch Menu

October 5th - 9th	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	Plain Greek Yogurt & Fruit

October 12th - 16th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Whole Grain Cracker & Milk	Apples & Kix Cereal	Chex Cereal & Milk	<i>Cooking</i> Scrambled Eggs & Milk	Apples & Wheat Thins
	Toddlers				
	Whole Grain Cracker & Milk	Apples & 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	Greek Yogurt Ranch Dip & Carrots	Berries, Banana and Milk Smoothie w/Oats	Fruit & Turkey Rolls
	Toddlers				
	Plain Greek Yogurt & Fruit	Cheese Cubes & Wheat Thins	Greek Yogurt Ranch Dip & Carrots	Berries, Banana and Milk Smoothie w/Oats	Fruit & Turkey Rolls

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

Menu Subject to Change

Edgewater Preschool

Page 2 of 4

Weekly Snack & Lunch Menu

October 19th - 23rd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios Cereal & Milk	Whole Grain Cracker & Milk	<i>Cooking</i> 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	Beef, Quinoa & Veggie Soup, Fruit & Milk	Turkey and Cheese Sandwich, Carrots with Greek Yogurt Ranch Dip, Apples & Milk	Baked Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Apples & Milk
PM Snack	Preschool				
	Cube Cheese & Pretzels	Turkey Rolls & Pears	Bagels with Cream Cheese	Yogurt & Fruit	Greek Yogurt Ranch Dip & Carrots
	Toddlers				
	Cube Cheese & Whole Grain Cracker	Turkey Rolls & Pears	Bagels with Cream Cheese	Plain Greek Yogurt & Fruit	Greek Yogurt Ranch Dip & Carrots

October 26th - 30th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Fresh Fruit	Cereal & Milk	Crackers & Bananas	<i>Cooking</i> 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 & Crackers	Greek Yogurt Cinnamon Dip & Apples

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

Menu Subject to Change

Edgewater Preschool

Page 3 of 4

Weekly Snack & Lunch Menu

November 2nd - 6th	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	Greek Yogurt Ranch Dip & Carrots	Turkey Rolls & Fruit	Cube Cheese & Wheat Thins
	Toddlers				
	Berries, Banana and Milk Smoothie w/Oats	Crackers & Cottage Cheese	Greek Yogurt Ranch Dip & Carrots	Turkey Rolls & Fruit	Cottage Cheese & Wheat Thins

November 9th - 13th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Crackers & Milk	Multi-Grain Rice Crackers & Fruit	School Closed	Cooking Toast with Butter & Milk	Chex Cereal & Bananas
	Toddlers				
	Crackers & Milk	Whole Wheat Crackers & Fruit	School Closed	Toast with Butter & Milk	Bananas & Milk
Lunch	Fish Sticks, Slice of Wheat Bread, Celery Sticks with Greek Yogurt Ranch Dip Melon & Milk	Mac n 'Cheese Green Beans Oranges & Milk	School Closed	Chicken, Vegetable & Quinoa Soup, Oranges & Milk	Spaghetti, Meat Sauce with Peas, Pears & Milk
PM Snack	Preschool				
	Cheese & Cheerios	Hard Boiled Egg & Apples	School Closed	Greek Yogurt Cinnamon Dip & Apples	Yogurt & Whole Grain Crackers
	Toddlers				
	Cheese & Cheerios	Cottage Cheese & Apples	School Closed	Greek Yogurt Cinnamon Dip & Apples	Cottage Cheese & Whole Grain Crackers

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

Menu Subject to Change

Edgewater Preschool

Page 4 of 4

Weekly Snack & Lunch Menu

November 16th - 20th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Milk	English Muffin & Apples	Cooking Scrambled Eggs & Milk	Bagel, Cream Cheese & Milk	Pretzels & Pears
	Toddlers				
	Multi-Grain Crackers & Milk	English Muffin & Apples	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 & Oranges	Wheat Thins & Milk	Yogurt & Fruit	Greek Yogurt Ranch Dip & Carrots
	Toddlers				
	Cheese Cubes & Whole Grain Crackers	Turkey Rolls & Oranges	Cottage cheese & Fruit	Plain Greek Yogurt & Fruit	Greek Yogurt Ranch Dip & Carrots

November 23rd - 27th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Kix Cereal & Milk	Cheerios & Milk	Checks Cereal & Pears	School Closed	School Closed
	Toddlers				
	Kix Cereal & Milk	Cheerios & Milk	Pears & Milk	School Closed	School Closed
Lunch	Chicken Nuggets, Slice of Wheat Bread, Celery Sticks with Greek Yogurt Ranch Dip, Oranges & Milk	Lentil Soup with Carrots, Tortilla, Pears & Milk	Penne Pasta, Beef, Peas with Tomato Sauce, Apples & Milk	School Closed	School Closed
PM Snack	Preschool				
	Whole Grain Crackers & Cheese cubes	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	School Closed	School Closed
	Toddlers				
	Whole Grain Crackers & Cottage Cheese	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	School Closed	School Closed

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

Menu Subject to Change