Edgewater Preschool

Weekly Snack & Lunch Menu

Nov. 30th- Dec. 4th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	**Preschool**				
	Chex Cereal & Milk	Whole Grain Cracker & Milk	***Cooking*** 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

December 7th - 11th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	**Preschool**				
	Whole Grain Cracker & Milk	Apples & Kix Cereal	Chex Cereal & Milk	***Cooking*** 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

Weekly Snack & Lunch Menu

December 14th - 18th	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	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

December 21st - 25th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	**Preschool**				
	Cheerios & Fresh Fruit	Cereal & Milk	Crackers & Bananas	**School Closed**	**School Closed**
	Toddlers				
	Cheerios & Milk	Cereal & Milk	Bananas & Milk	**School Closed**	**School Closed**
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	**School Closed**	**School Closed**
PM Snack	**Preschool**				
	English Muffin With Cream Cheese	Fruit & Cube Cheese	Hard Boiled Egg & Apples	**School Closed**	**School Closed**
	Toddlers				
	English Muffin With Cream Cheese	Fruit & Cottage Cheese	Cottage Cheese & Apples	**School Closed**	**School Closed**

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Menu Subject to Change

Edgewater Preschool

Weekly Snack & Lunch Menu

December 28th - Jan. 1st	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	**Preschool**				
	School Closed	**School Closed**	**School Closed**	**School Closed**	**School Closed**
	Toddlers				
	School Closed	**School Closed**	**School Closed**	**School Closed**	**School Closed**
Lunch	**School Closed**	**School Closed**	**School Closed**	**School Closed**	**School Closed**
PM Snack	**Preschool**				
	School Closed	**School Closed**	**School Closed**	**School Closed**	**School Closed**
	Toddlers				
	School Closed	**School Closed**	**School Closed**	**School Closed**	**School Closed**

January 4th - 8th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	**Preschool**				
	Crackers & Milk	Multi-Grain Rice Crackers & Fruit	English Muffin & Milk	***Cooking*** Toast with Butter & Milk	Chex Cereal & Bananas
	Toddlers				
	Crackers & Milk	Whole Wheat Crackers & Fruit	English Muffin & Milk	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	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	Greek Yogurt Cinnamon Dip & Apples	Yogurt & Whole Grain Crackers
	Toddlers				
	Cheese & Cheerios	Cottage Cheese & Apples	Berries, Banana, Oats and Milk Smoothie	Greek Yogurt Cinnamon Dip & Apples	Cottage Cheese & Whole Grain Crackers

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Menu Subject to Change

Edgewater Preschool

Weekly Snack & Lunch Menu

January 11th -15th	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

January 18th -22nd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	**Preschool**				
	School Closed	Cheerios & Milk	Chex Cereal & Pears	***Cooking*** Oatmeal & Milk	Wheat Thins & Fruit
	Toddlers				
	School Closed	Cheerios & Milk	Pears & Milk	Oatmeal & Milk	Wheat Thins & Milk
Lunch	**School Closed**	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**				
	School Closed	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Hard Boiled Egg & Apples
	Toddlers				
	School Closed	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Apples & Cheese

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