## **Edgewater Preschool**

## Weekly Snack & Lunch Menu

June 17 <sup>th</sup> – June 21 <sup>st</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Wheat Thins &	Cheerios &	Cinnamon	Whole Grain	Cooking		
	Fruit	Pears	Greek Yogurt	Cracker & Fruit	Waffles & Milk		
AM Snack			Dip & Apples				
			Toddlers				
	Wheat Thins &	Cheerios &	Cinnamon Greek	Whole Grain	Pancakes &		
	Fruit	Pears	Yogurt Dip &	Cracker & Fruit	Milk		
			Apples				
	Split Pea Soup	Cucumber and	Spaghetti with	Chicken,	Baked Chicken,		
Lunch	with Carrots,	Cream Cheese	Meat Sauce &	Veggies and	Brown Rice,		
	Tortilla,	Sandwich,	Peas, Oranges	Rice Soup,	Green Beans,		
	Melon & Milk	Apples & Milk	& Milk	Oranges & Milk	Melon & Milk		
	Preschool						
	Cheese Cubes &	Fruit & Pita	Fruit & Multi-	Yogurt & Melon	Pretzels		
	Pears	Bread	Grain Rice		& Bananas		
PM Snack			Crackers				
	Toddlers						
	Cheese Cubes &	Fruit & Pita	Fruit & Multi-	Yogurt & Melon	Cheerios		
	Pears	Bread	Grain Wheat		& Bananas		
			Crackers				

June 24 <sup>th</sup> – June 28 <sup>th</sup>	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,"	
	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> Weekly Snack & Lunch Menu

July 1st – July 5th	Monday	Tuesday	Wednesday	Thursday	Friday	
	Preschool					
	Cucumber Slices	Pita Bread &	Wheat Thins &		Cooking	
	&	Apples	Apples	School closed	Pancakes &	
AM Snack	Herb Greek				Milk	
	Yogurt Dip					
			Toddlers			
	Cucumber Slices	Pita Bread &	Wheat Thins &		Pancakes &	
	&	Apples	Apples	School closed	Milk	
	Herb Greek					
	Yogurt Dip					
	Chicken	Quesadillas with	Chicken Quinoa		Meat Lasagna,	
Lunch	Nuggets, Slice	Spinach,	& Veggie Soup,		Pears	
	of Wheat Bread,	Apples & Milk	Fruit	School closed	& Milk	
	Sautéed		& Milk			
	Broccoli,					
	Oranges & Milk					
	Preschool					
	Kix Cereal	Cube Cheese &	Wheat English		Yogurt	
	& Fruit	Pretzels	Muffin	School closed	& Fruit	
PM Snack			& Apples			
	Toddlers					
	Kix Cereal	Cube Cheese &	Wheat English		Yogurt	
	&	Whole Grain	Muffin	School closed	&	
	Fruit	Cracker	& Apples		Fruit	

July 8 <sup>th</sup> – July 12 <sup>th</sup>	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		

Weekly Snack & Lunch Menu

July 15 <sup>th</sup> – July 19 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	
			Preschool			
	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					
		T	Toddlers	1		
	Whole Grain	Cheerios &	Apples &	Wheat Thins	Cottage Cheese	
	Cracker &	Bananas	Cheerios	& Fruit	& Pears	
	Cottage Cheese					

July 22 <sup>nd</sup> – July 26 <sup>th</sup>	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			

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

Menu Subject to Change

Weekly Snack & Lunch Menu

July 29 <sup>th</sup> – August 2 <sup>nd</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Multi-Grain	Pears & Wheat	Bagel,	Cooking	Yogurt & Fruit		
	Rice Crackers &	English Muffin	Cream Cheese	Toast with			
AM Snack	Melon		& Fresh Fruit	Butter &			
				Pears			
			Toddlers				
	Multi-Grain	Pears & Wheat	Bagel,	Toast with	Yogurt & Fruit		
	Crackers &	English Muffin	Cream Cheese	Butter &			
	Melon		& Fresh Fruit	Pears			
	Turkey and	Split Pea Soup	Baked Chicken,	"Chili Con	Meat Lasagna,		
Lunch	Cheese	with Carrots,	Mashed	Carne,"	Oranges & Milk		
	Sandwich,	Pears & Milk	Potatoes, Mixed	Broccoli,			
	Carrots with		Veggies, Melon	Oranges & Milk			
	Yogurt Dip,		& Milk				
	Apples & Milk						
	Preschool						
	Chex Cereal &	Cheese Cubes &	Wheat Thins	Herb Greek	Pretzels & Pears		
	Bananas	Pretzels	& Fruit	Yogurt Dip &			
PM Snack				Carrots			
	Infant & Toddlers						
	Chex Cereal &	Cheese Cubes &	Wheat Thins	Herb Greek	Wheat Crackers		
	Bananas	Whole Grain	& Fruit	Yogurt Dip &	& Pears		
		Crackers		Carrots			

August 5 <sup>th</sup> – August 9 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday		
			Preschool				
	Kix Cereal	Cheerios &	Cooking	Cereal	Wheat Thins		
	&	Apples	Oatmeal & Milk	& Pears	& Fruit		
AM Snack	Fresh Fruit						
			Toddlers				
	Kix Cereal	Cheerios &		Cereal	Wheat Thins		
	&	Apples	Oatmeal & Milk	& Pears	& Fruit		
	Cottage Cheese						
	Chicken	Lentil Soup with	Meat Loaf	Baked Chicken,	Penne Pasta,		
Lunch	Nuggets, Slice	Carrots, Tortilla,	Brown Rice with	Mashed	Beef, Peas with		
	of Wheat Bread,	Pears & Milk	Broccoli, Melon	Potatoes,	Tomato Sauce,		
	Celery Sticks		& Milk	Mixed	Apples		
	with Yogurt Dip,			Vegetables,	& Milk		
	Oranges & Milk			Oranges & Milk			
	Preschool						
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Pretzels &		
	Crackers & Fruit	Muffin & Cream	Cinnamon Dip		Cheese		
PM Snack		Cheese	& Apples				
			<b>Infant &amp; Toddlers</b>				
	Whole Grain	Wheat English	Greek Yogurt	Banana & Milk	Whole Grain		
	Crackers & Fruit	Muffin & Cream	Cinnamon Dip		Crackers &		
		Cheese	& Apples		Cheese		

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