

Edgewater Preschool

Weekly Snack & Lunch Menu

December 2nd-6th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Wheat Thins & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Whole Grain Cracker & Fruit	<i>Cooking</i> Waffles & Milk
	Toddlers				
	Wheat Thins & Fruit	Cheerios & Pears	Cinnamon Greek Yogurt Dip & Apples	Whole Grain Cracker & Fruit	Pancakes & 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 & Pears	Fruit & Pita Bread	Fruit & Multi-Grain Rice Crackers	Yogurt & Melon	Pretzels & Bananas
	Toddlers				
	Cheese Cubes & Pears	Fruit & Pita Bread	Fruit & Multi-Grain Wheat Crackers	Yogurt & Melon	Cheerios & Bananas

December 9th-13th	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

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Weekly Snack & Lunch Menu

December 16th-20th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Wheat Thins & Apples	<i>Cooking</i> Pancakes & Milk	Cucumber Slices & Herb Greek Yogurt Dip	Bagels with Cream Cheese & Fresh Fruit	Pita Bread & Apples
	Toddlers				
	Wheat Thins & Apples	Pancakes & Milk	Cucumber Slices & Herb Greek Yogurt Dip	Bagels with Cream Cheese & Fresh Fruit	Pita Bread & Apples
Lunch	Chicken Nuggets, Slice of Wheat Bread, Sautéed Broccoli, Oranges & Milk	Quesadillas with Spinach, Apples & Milk	Chicken Quinoa & Veggie Soup, Fruit & Milk	Baked Chicken, Brown Rice, Green Beans, Melon & Milk	Meat Lasagna, Pears & Milk
PM Snack	Preschool				
	Kix Cereal & Fruit	Cube Cheese & Pretzels	Wheat English Muffin & Apples	Multi-Grain Rice Crackers & Bananas	Yogurt & Fruit
	Toddlers				
	Kix Cereal & Fruit	Cube Cheese & Whole Grain Cracker	Wheat English Muffin & Apples	Multi-Grain Crackers & Bananas	Yogurt & Fruit

December 23rd-27th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Cheerios & Fresh Fruit	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break
	Toddlers				
	Cheerios Fresh Fruit	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break
Lunch	Chicken Soup with Rice & Veggies Pears & Milk	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break
PM Snack	Preschool				
	Apples & Cube Cheese	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break
	Toddlers				
	Apples & Cube Cheese	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break

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Weekly Snack & Lunch Menu

December 30-Jan. 3rd	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	Milk & Kix Cereal	<i>Cooking</i> Tortilla with Butter & Milk
	Infant & Toddlers				
	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	Milk & Kix Cereal	Tortilla with Butter & Milk
Lunch	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	Grilled Cheese, Melon & Milk	Beef Soup with Veggies & Rice, Oranges & Milk
PM Snack	Preschool				
	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	Wheat Thins & Fruit	Wheat Crackers & Pears
	Toddlers				
	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	Wheat Thins & Fruit	Wheat Crackers & Pears

January 6th-10th	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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Weekly Snack & Lunch Menu

January 13th-17th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	Multi-Grain Rice Crackers & Melon	Pears & Wheat English Muffin	Bagel, Cream Cheese & Fresh Fruit	<i>Cooking</i> Toast with Butter & Pears	Yogurt & Fruit
	Toddlers				
	Multi-Grain Crackers & Melon	Pears & Wheat English Muffin	Bagel, Cream Cheese & Fresh Fruit	Toast with Butter & Pears	Yogurt & Fruit
Lunch	Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Apples & Milk	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				
	Chex Cereal & Bananas	Cheese Cubes & Pretzels	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Pretzels & Pears
	Infant & Toddlers				
	Chex Cereal & Bananas	Cheese Cubes & Whole Grain Crackers	Wheat Thins & Fruit	Herb Greek Yogurt Dip & Carrots	Wheat Crackers & Pears

January 20th-24th	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Preschool				
	School Closed Holiday	Cheerios & Apples	<i>Cooking</i> Oatmeal & Milk	Cereal & Pears	Wheat Thins & Fruit
	Toddlers				
	School Closed Holiday	Cheerios & Apples	Oatmeal & Milk	Cereal & Pears	Wheat Thins & Fruit
Lunch	School Closed Holiday	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				
	School Closed Holiday	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Pretzels & Cheese
	Infant & Toddlers				
	School Closed Holiday	Wheat English Muffin & Cream Cheese	Greek Yogurt Cinnamon Dip & Apples	Banana & Milk	Whole Grain Crackers & Cheese

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