



ROSARY PRESCHOOL

94-1249 Lumikula Street, Waipahu, HI 96797
Phone & Fax #: (808) 677-1202
website: <http://www.rosarypreschool.com>

AUGUST 2025 - Lunch Menu

(Menu subject to change without notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
4 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	5 *Cheese pizza on whole bread with tomato sauce. Oven potato fries (3 pcs) Carrot sticks & Celery Sticks Apple Wedges Milk 1%	6 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%	7 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted garlic bread Pineapple Bits Milk 1%	8 *Cold Cut Ham Sandwich WG Wheat Bread, lettuce, cheese & mayonnaise Carrot & celery sticks Mexican Tortilla Apple Wedges Milk 1%
11 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	12 *Chicken Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	13 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	14 Mass of the Holy Spirit NO SCHOOL	15 Admission Day NO SCHOOL
18 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	19 *WG Spaghetti with meat balls, mixed vegetables & marinara sauce Oven Potato Fries or Tortilla Chips Pineapple bits Milk 1%	20 *Chicken Strips with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli Watermelon Chunks` Milk 1%	21 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted Garlic Bread Mandarin Oranges slices Milk 1%	22 *Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Chips Pineapple Bits Milk 1%
25 *Chicken Soup with Long Rice and mixed vegetables Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	26 *Cheese pizza on whole bread with tomato sauce. Oven Potato fries (3 pcs) Carrot sticks Mandarin Oranges Slices Milk 1%	27 *Fried Saimin with chicken & mixed vegetables Dinner Roll Mandarin Oranges Slices Milk 1%	28 *Tuna Sandwich WG Wheat Bread, lettuce, & mayonnaise Carrot & Celery Sticks Oven Fries or Mexican Tortilla Chips Mixed Fruits Milk 1%	29 *Chicken & Macaroni Casserole Prego tomato sauce, carrots and cheese Oven Potato Fries or Tortilla Chips Pineapple bits Milk 1%



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September 2025 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day NO SCHOOL	2 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	3 *WG Spaghetti with meat balls, mixed vegetables & Prego sauce Oven Potato Fries or Tortilla Chips Pineapple Bits Milk 1%	4 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Steamed Broccoli Apple Wedges Milk 1%	5 *Chicken Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Oven Potato Fries or Tortilla Chips Sliced Mandarin Oranges Milk 1%
8 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	9 *Cheese pizza on whole bread with tomato sauce. Oven fries (3 pcs) Carrot sticks Mandarin Oranges Milk 1%	10 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%	11 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Pineapple Bits Milk 1%	12 *Cold Cut Ham Sandwich on a WG Wheat Bread, lettuce, cheese & mayonnaise Carrot & celery sticks Mexican Tortilla Apple Wedges Milk 1%
15 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	16 *Chicken Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	17 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	18 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	19 Staff Dev. NO SCHOOL
22 *Shoyu Chicken with steamed Broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	23 *Spaghetti with Homemade Bolognese sauce and mixed vegetables Baked Potato Fries or Tortilla chips Pineapple Bits Milk 1%	24 *Chicken Strips with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli Watermelon Chunks` Milk 1%	26 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted garlic bread Sliced Oranges Milk 1%	26 *Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Chips Pineapple Bits Milk 1%
29 *Chicken Soup with Long Rice and mixed vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	30 *Tuna Sandwich WG Wheat Bread, lettuce, & mayonnaise Carrot & Celery Sticks Oven Fries or Mexican Tortilla Chips Mixed Fruits Milk 1%	 		



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OCTOBER 2025 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>*WG Spaghetti with meat balls, mixed vegetables & Prego sauce Baked Potato Fries or Tortilla Chips Pineapple bits Milk 1%</i>	2 <i>*USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Mandarin Oranges Milk 1%</i>	3 <i>*Chicken Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Oven Potato Fries or Tortilla Chips Sliced Mandarin Oranges Milk 1%</i>
6 <i>*Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%</i>	7 <i>*Cheese pizza on whole bread with tomato sauce. Oven fries (3 pcs) or Tortilla Chips Carrot & Celery sticks Apple Wedges Milk 1%</i>	8 <i>*Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%</i>	9 <i>*Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Pineapple Bits Milk 1%</i>	10 <i>*Cold Cut Ham Sandwich WG Wheat Bread, lettuce, cheese & mayonnaise Carrot & celery sticks Oven Fries (3 pcs) or Tortilla Chips Apple Wedges Milk 1%</i>
13 <i>*Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%</i>	14 <i>*Chicken Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%</i>	15 <i>*Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%</i>	16 <i>*USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%</i>	17 <div style="background-color: yellow; text-align: center;">Staff Meeting</div> NO SCHOOL
20 <i>*Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Banana Slices Milk 1%</i>	21 <i>*Spaghetti with Homemade Bolognese sauce and mixed vegetables Oven Potato Fries or Tortilla chips Pineapple Bits Milk 1%</i>	22 <i>*Chicken Strips with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli Watermelon Chunks` Milk 1%</i>	23 <i>* Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted bread Mandarin Oranges slices Milk 1%</i>	24 <i>*Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Pineapple Bits Milk 1%</i>
27 <i>*Chicken Soup with Long Rice and mixed vegetables Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%</i>	28 <i>*Cheese pizza on whole bread with tomato sauce. Oven fries (3 pcs) or Tortilla Chips Carrot sticks Apple Wedges Milk 1%</i>	29 <i>* Fried Saimin with chicken & mixed vegetables Dinner roll Sliced Mandarin Oranges Milk 1%</i>	30 <i>* Tuna Salad & Cheese on a WG Wheat Bread, lettuce, mayonnaise Carrot & Celery Sticks Mexican Tortilla Chips Watermelon chunk Milk 1%</i>	31 <i>*USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%</i>



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NOVEMBER 2025 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted bread Mandarin Oranges slices Milk 1%	4 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	5 *WG Spaghetti with meat balls, mixed vegetables & marinara sauce Oven Potato Fries or Tortilla Chips Pineapple bits Milk 1%	6 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Mandarin Oranges Milk 1%	7 *Chicken Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Oven Potato Fries or Tortilla Chips Sliced Mandarin Oranges Milk 1%
10 *Cheese pizza on whole bread with tomato sauce. Oven fries (3 pcs) or Tortilla Chips Carrot & Celery sticks Apple Wedges Milk 1%	11 Veterans Day NO SCHOOL	12 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%	13 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Bread Pineapple Bits Milk 1%	14 *Chicken & Macaroni Casserole Tomato sauce, Mixed vegetables & Cheese Oven fries (3 pcs) or Tortilla Chips Pineapple Bits Milk 1%
17 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	18 *Chicken Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	19 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	20 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	21 *WG Mac & Cheese with Ham Steamed broccoli/Cauliflower Oven Potato fries (3 pcs) or Tortilla Chips Mandarin Oranges slices
24 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	25 *Spaghetti with Homemade Bolognese sauce and mixed vegetables Oven Potato Fries or Tortilla chips Pineapple Bits Milk 1%	26 *Chicken Strips with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli Watermelon Chunks Milk 1%	27 Thanksgiving Holiday NO SCHOOL	28  



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DECEMBER 2025- Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
1 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted bread Mandarin Oranges slices Milk 1%	2 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	3 *WG Spaghetti with meat balls, mixed vegetables & marinara sauce Baked Potato Fries or Tortilla Chips Pineapple bits Milk 1%	4 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Mandarin Oranges Milk 1%	5 *Chicken Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Baked Potato Fries or Tortilla Chips Sliced Mandarin Oranges Milk 1%
8 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	9 *Cheese pizza on whole bread with tomato sauce. Oven fries (3 pcs) or Tortilla Chips Carrot & Celery sticks Apple Wedges Milk 1%	10 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%	11 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Pineapple Bits Milk 1%	12 *Cold Cut Ham Sandwich WG Wheat Bread, lettuce, cheese & mayonnaise Carrot & celery sticks Oven Fries (3 pcs) or Tortilla Chips Apple Wedges Milk 1%
15 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	16 *Chicken Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	17 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	18 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	19 *WG Mac & Cheese with Ham Steamed broccoli/Cauliflower Oven fries (3 pcs) or Tortilla Chips Mandarin Oranges slices
22 Christmas Break NO SCHOOL	23 	24 	25 	26 
29 	30 	31 MERRY CHRISTMAS! 		

**ROSARY PRESCHOOL**

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Food Components and Food Items	Brand Name	Portion/Serving Size
Fluid Milk skim milk/nonfat/reduced fat	Dairy Pure/Crystal Creamery Kirkland/Member's Mark/ Sun Hearth	6 fluid ounces
Meat/meat Alternates lean meat, poultry, or fish, tofu, soy product, ham or alternate protein products, cheese, eggs, cooked or dry beans or peas	Kirkland/Member's Mark fish sticks (Gordian's) chicken nuggets (Tyson)	1 ½ ounces ½ cup (beans or peas)
Yogurt plain or flavored unsweetened or sweetened low-fat Greek yogurt	Chobani/Yoplait	6 ounces or 1 cup
Vegetables	broccoli, carrots, tomato, cabbage, lettuce, celery, zucchini, corn, potato, cucumbers, cauliflower	¼ cup
Fruits (seasonal)	apples, pineapple, orange, watermelon, cantaloupe, blueberries, banana, fruit cocktail	¼ cup
Grains whole grain-rich or enriched bread, white, whole wheat, rye	Oro wheat/Sara Lee/Nature's Harvest/King's Hawaiian	½ slice
whole grain-rich or enriched bread products, e.g. biscuit, roll or muffin, sweet bread	French, Italian Vienna, raisin, multi-grain, quick breads, Hawaiian	½ serving
whole grain-rich or enriched or fortified noodles or pasta	Barilla fettuccine/penne rigate noodles (Chow Mein)	¼ cup
Hapa rice white rice, brown rice, whole grain-rich or enriched	Calrose/Gen-Ji Mai/ Hinode/Jasmine/Mahatma	¼ cup