



ROSARY PRESCHOOL

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

JANUARY 2026 - Lunch Menu

(Menu subject to change without notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
		No School		
5 *Chicken stew & Vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	6 *Cheesy Spaghetti and Broccoli/Cauliflower Toasted garlic bread Tropical fruits Milk 1%	7 *USDA Child Nutrition Labeled Fish Sticks & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple Wedges Milk 1%	8 *Kalua Pork & Long Rice with Cabbage Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	9 *Chicken Sandwich on a WG Bread with lettuce, mayonnaise & Celery or Cucumber String cheese Mexican Chips or Oven Fries Mandarin Oranges Milk 1%
12 *Shoyu Chicken and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	13 *Saimin with ham, egg and fish cake Carrot sticks Toasted garlic bread Sliced Oranges Milk 1%	14 *Chicken Strips and Steamed Broccoli Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	15 *Egg & Ham Sandwich on WG bread with lettuce, mayonnaise and Celery or Cucumber String Cheese Mexican Chips or Oven Fries Oranges Slices Milk 1%	16 *Chicken Alfredo Toasted Garlic bread or Oven Fries Pineapple Bits Milk 1%
19 Martin Luther King, Jr. Day NO SCHOOL	20 *USDA Child Nutrition Labeled Chicken Nuggets and Steamed Broccoli Dinner Roll Sliced Banana Milk 1%	21 *Cheese Pizza on a WG Bread Crust Mexican Chips or Oven Fries Edamame Beans Apple Wedges Milk 1%	22 * Beef Stew and mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	23 *Fried Saimin With Vegetables Toasted garlic Bread or Oven Fries Sliced Oranges Milk 1 %
26 * Baked Chicken and Vegetables Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	27 *Spaghetti Bolognese with mixed Vegetables Butter Toasted bread or Oven Fries Pineapple Bits Milk 1 %	28 *Kalua Pork & Long Rice with Cabbage Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	20 *Ham & Cheese Sandwich on a WG Bread with lettuce, mayonnaise, celery or cucumber Mexican Chips or Oven fries Apple Wedges Milk 1%	30 ACCE NO SCHOOL



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FEBRUARY 2026 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
2 *Fried Saimin & Chicken with Mixed Vegetables Dinner Roll Banana Slices Milk 1%	3 *USDA Child Nutrition Labeled Chicken Nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple Wedges Milk 1%	4 *Cold Cut Ham Sandwich, WG Bread, lettuce, cheese, & mayonnaise Tortilla Chips or Oven Fries Banana Slices Milk 1%	5 *Chicken stew & Vegetables Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	6 *Chicken Alfredo Bake with Vegetables Toasted garlic bread or Oven fries Oranges Milk 1%
9 *Chicken & Long Rice Soup and mixed vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	10 *Cheesy Spaghetti and Broccoli/ Cauliflower <i>Toasted garlic bread or Oven fries</i> <i>Pineapple Bits</i> Milk 1%	11 *USDA Child Nutrition Labeled Fish Sticks & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	12 *Cheese Pizza on a WG Bread Crust Mexican Chips or Oven Fries Edamame Beans Tropical fruits Milk 1%	13 *Cheesy Macaroni & Beef Casserole with vegetables Toasted Garlic bread or Oven Fries Pineapple Bits Milk 1%
16 President's Day NO SCHOOL	17 *Saimin with ham, egg and fish cake Steamed Broccoli or Cauliflower Toasted garlic bread Sliced Oranges Milk 1%	18 *Chicken Strips and Steamed Broccoli Hapa Rice (Brown & enriched white rice) Watermelon chunks Milk 1%	19 *Egg & Ham Sandwich on a WG bread with lettuce, mayonnaise, celery & cucumber Tortilla Chips or Oven Fries Mandarin Oranges Milk 1%	20 Staff Development Day NO SCHOOL
23 *Shoyu Chicken and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	24 *USDA Child Nutrition Labeled Chicken Nuggets & steamed Broccoli Dinner Roll Apple wedges Milk 1%	25 *Cheese Pizza on a WG Bread Crust Mexican Chips or Oven Fries Edamame Beans Melon Milk 1%	26 *Beef Stew and mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	27 *WG Macaroni & Cheese with Ham Toasted garlic Bread or Oven Fries Sliced Oranges Milk 1%





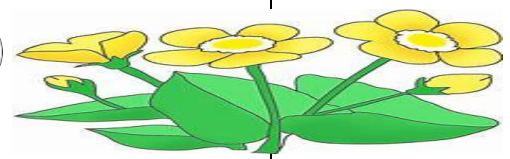
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MARCH 2026 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
2 *Baked Chicken and vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	3 *Spaghetti Bolognese with vegetables Butter toasted bread or Oven Fries Pineapple Fries Milk 1%	4 *Kalua Pork with Cabbage Hapa Rice (Brown & enriched white rice) Watermelon Chunks Milk 1%	5 *Ham & Cheese Sandwich on WG bread with lettuce, mayonnaise Tortilla Chips or Oven Fries Apple Wedges Milk 1%	6 *Stir-Fried Chicken and vegetables Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%
9 *Fried Saimin & Chicken with mixed vegetables Dinner Roll Banana slices Milk 1%	10 *USDA Child Nutrition Labeled Chicken Nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	11 *Cold Cut Ham Sandwich, WG Bread, lettuce, cheese, & mayonnaise Tortilla Chips or Oven Fries Banana Slices Milk 1%	12 * Beef Stew and mixed vegetables Hapa Rice (Brown & enriched white rice) Apple Wedges Milk 1 %	13 *Chicken Alfredo Bake with Vegetables Toasted garlic bread or Oven fries Mixed Fruits Milk 1%
16 *Chicken Long Rice Soup and Vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	17 *Cheesy Spaghetti and Broccoli/ Cauliflower Toasted garlic bread or Oven fries Pineapple Bits Milk 1%	18 *USDA Child Nutrition Labeled Fish Sticks & steamed Broccoli Dinner Roll Apple wedges Milk 1%	19 * Kalua Pork with Cabbage Hapa Rice (Brown & enriched white rice) Fruits Milk 1%	20 *Egg & Ham Sandwich on a WG bread with lettuce, mayonnaise, celery & cucumber Tortilla Chips or Oven Fries Mandarin Oranges Milk 1%
23 *Chicken Adobo and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	24 *Saimin with ham, egg and fish cake Steamed Broccoli or Cauliflower Toasted garlic bread Sliced Oranges Milk 1%	25 * Cheesy Spaghetti and Broccoli/ Cauliflower Tortilla Chips or Oven Fries Mandarin Oranges Milk 1%	26 Prince Kuhio Day (Holiday) NO SCHOOL	27 Staff Development Day NO SCHOOL
30 *Shoyu Chicken and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	31 *Chicken Strips and Steamed Broccoli Hapa Rice (Brown & enriched white rice) Watermelon chunks Milk 1%			





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APRIL 2026 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
13 *Baked Chicken and vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	14 *Spaghetti Bolognese with vegetables Butter toasted bread or Oven Fries Pineapple Fries Milk 1%	15 *Kalua Pork & Long Rice with Cabbage Hapa Rice (Brown & enriched white rice) Watermelon Chunks Milk 1%	16 *Ham & Cheese Sandwich on WG bread with lettuce, mayonnaise Tortilla Chips or Oven Fries Apple Wedges Milk 1%	17 * Chicken stew and vegetables Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%
20 *Fried Saimin & Chicken with mixed vegetables Dinner Roll Banana slices Milk 1%	21 *USDA Child Nutrition Labeled Chicken Nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	22 *Cold Cut Ham Sandwich, WG Bread, lettuce, cheese, & mayonnaise Tortilla Chips or Oven Fries Banana Slices Milk 1%	2 *Spaghetti with vegetable Mexican Chips or Oven Fries Edamame Beans Apple Wedges Milk 1%	24 *Beef Stew and mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%
27 *Chicken & Long Rice Soup and mixed vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	28 *USDA Child Nutrition Labeled Fish Sticks & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	29 *Cheesy Spaghetti and Broccoli/ Cauliflower Toasted garlic bread or Oven fries Pineapple Bits Milk 1%	30 * Kalua Pork & Long Rice with Cabbage Hapa Rice (Brown & enriched white rice) Sliced Oranges Milk 1 %	



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MAY 2026 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Chicken Sandwich on a WG Bread with lettuce, mayonnaise & Celery or Cucumber String cheese Mexican Chips or Oven Fries Mandarin Oranges Milk 1%
4 *Chicken Adobo and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	5 *Saimin with ham, egg and fish cake Steamed Broccoli or Cauliflower Toasted garlic bread Sliced Oranges Milk 1%	6 *Chicken Strips and Steamed Broccoli Hapa Rice (Brown & enriched white rice) Watermelon chunks Milk 1%	7 *Egg & Ham Sandwich on a WG bread with lettuce, mayonnaise, celery & cucumber Tortilla Chips or Oven Fries Mandarin Oranges Milk 1%	8 *Cheesy Macaroni & Beef Casserole with vegetables Toasted Garlic bread or Oven Fries Pineapple Bits Milk 1%
11 *Shoyu Chicken and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	12 *USDA Child Nutrition Labeled Chicken Nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	13 *Cheese Pizza on a WG Bread Crust with tomato sauce Mexican Chips or Oven Fries Edamame Beans Apple Wedges Milk 1%	14 *Beef Stew and mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	15 Staff Development Day NO SCHOOL
18 *Baked Chicken and vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	19 *Spaghetti Bolognese with vegetables Butter toasted bread or Oven Fries Pineapple Fries Milk 1%	20 *Kalua Pork with Cabbage Hapa Rice (Brown & enriched white rice) Watermelon Chunks Milk 1%	21 *Ham & Cheese Sandwich on WG bread with lettuce, mayonnaise Tortilla Chips or Oven Fries Apple Wedges Milk 1%	22 *Fried Saimin and vegetables Toasted Bread Mixed Fruits Milk 1%
25	26	27	28	29
NO SCHOOL				

**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	Chicken Breast Strips (Tyson) Kirkland/Member's Mark Fish sticks (Gordon'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	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	½ slice
whole grain-rich or enriched bread products, e.g. biscuit, roll or muffin	French, Italian Vienna, raisin, multi-grain, quick breads	½ serving
whole grain-rich or enriched or fortified noodles or pasta	Pasta (organic) Barilla fettuccine/penne rigate noodles (chow Mein)	¼ cup
Hapa rice white rice, brown rice, whole grain-rich or enriched	Calrose/Gen-Ji Mai/ Hin ode/Jasmine/Mahatma	¼ cup