



## 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
			1 <b>No School</b>	2 
<b>5</b> *Chicken stew & Vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>6</b> *Cheesy Spaghetti and Broccoli/Cauliflower Toasted garlic bread Tropical fruits Milk 1%	<b>7</b> *USDA Child Nutrition Labeled Fish Sticks & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple Wedges Milk 1%	<b>8</b> *Kalua Pork & Long Rice with Cabbage Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	<b>9</b> *Chicken Sandwich on a WG Bread with lettuce, mayonnaise & Celery or Cucumber String cheese Mexican Chips or Oven Fries Mandarin Oranges Milk 1%
<b>12</b> *Shoyu Chicken and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>13</b> *Saimin with ham, egg and fish cake Carrot sticks Toasted garlic bread Sliced Oranges Milk 1%	<b>14</b> *Chicken Strips and Steamed Broccoli Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	<b>15</b> *Egg & Ham Sandwich on WG bread with lettuce, mayonnaise and Celery or Cucumber String Cheese Mexican Chips or Oven Fries Oranges Slices Milk 1%	<b>16</b> *Chicken Alfredo Toasted Garlic bread or Oven Fries Pineapple Bits Milk 1%
<b>19</b> <b>Martin Luther King, Jr. Day</b> <b>NO SCHOOL</b>	<b>20</b> *USDA Child Nutrition Labeled Chicken Nuggets and Steamed Broccoli Dinner Roll Sliced Banana Milk 1%	<b>21</b> *Cheese Pizza on a WG Bread Crust Mexican Chips or Oven Fries Edamame Beans Apple Wedges Milk 1%	<b>22</b> * Beef Stew and mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	<b>23</b> *Fried Saimin With Vegetables Toasted garlic Bread or Oven Fries Sliced Oranges Milk 1 %
<b>26</b> * Baked Chicken and Vegetables Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	<b>27</b> *Spaghetti Bolognese with mixed Vegetables Butter Toasted bread or Oven Fries Pineapple Bits Milk 1 %	<b>28</b> *Kalua Pork & Long Rice with Cabbage Hapa Rice (Brown & enriched white rice) Water Melon Chunks Milk 1%	<b>20</b> *Ham & Cheese Sandwich on a WG Bread with lettuce, mayonnaise, celery or cucumber Mexican Chips or Oven fries Apple Wedges Milk 1%	<b>30</b> <b>ACCE</b> <b>NO SCHOOL</b>



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## FEBRUARY 2026 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> *Fried Saimin & Chicken with Mixed Vegetables Dinner Roll Banana Slices Milk 1%	<b>3</b> *USDA Child Nutrition Labeled Chicken Nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple Wedges Milk 1%	<b>4</b> *Cold Cut Ham Sandwich, WG Bread, lettuce, cheese, & mayonnaise Tortilla Chips or Oven Fries Banana Slices Milk 1%	<b>5</b> *Chicken stew & Vegetables Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1 %	<b>6</b> *Chicken Alfredo Bake with Vegetables Toasted garlic bread or Oven fries Oranges Milk 1%
<b>9</b> *Chicken & Long Rice Soup and mixed vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>10</b> *Cheesy Spaghetti and Broccoli/Cauliflower Toasted garlic bread or Oven fries Pineapple Bits Milk 1%	<b>11</b> *USDA Child Nutrition Labeled Fish Sticks & steamed Broccoli Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	<b>12</b> *Cheese Pizza on a WG Bread Crust Mexican Chips or Oven Fries Edamame Beans Tropical fruits Milk 1%	<b>13</b> *Cheesy Macaroni & Beef Casserole with vegetables Toasted Garlic bread or Oven Fries Pineapple Bits Milk 1%
<b>16</b> <b>President's Day</b>  <b>NO SCHOOL</b>	<b>17</b> *Saimin with ham, egg and fish cake Steamed Broccoli or Cauliflower Toasted garlic bread Sliced Oranges Milk 1%	<b>18</b> *Chicken Strips and Steamed Broccoli Hapa Rice (Brown & enriched white rice) Watermelon chunks Milk 1%	<b>19</b> *Egg & Ham Sandwich on a WG bread with lettuce, mayonnaise, celery & cucumber Tortilla Chips or Oven Fries Mandarin Oranges Milk 1%	<b>20</b> <b>Staff Development Day</b>  <b>NO SCHOOL</b>
<b>23</b> *Shoyu Chicken and steamed broccoli Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>24</b> *USDA Child Nutrition Labeled Chicken Nuggets & steamed Broccoli Dinner Roll Apple wedges Milk 1%	<b>25</b> *Cheese Pizza on a WG Bread Crust Mexican Chips or Oven Fries Edamame Beans Melon Milk 1%	<b>26</b> *Beef Stew and mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	<b>27</b> *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
<b>2</b> <b>*Baked Chicken and vegetables</b> Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>3</b> <b>*Spaghetti Bolognese with vegetables</b> Butter toasted bread or Oven Fries Pineapple Fries Milk 1%	<b>4</b> <b>*Kalua Pork with Cabbage</b> Hapa Rice (Brown & enriched white rice) Watermelon Chunks Milk 1%	<b>5</b> <b>*Ham &amp; Cheese Sandwich on WG bread with lettuce, mayonnaise</b> Tortilla Chips or Oven Fries Apple Wedges Milk 1%	<b>6</b> <b>*Stir-Fried Chicken and vegetables</b> Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%
<b>9</b> <b>*Fried Saimin &amp; Chicken with mixed vegetables</b> Dinner Roll Banana slices Milk 1%	<b>10</b> <b>*USDA Child Nutrition Labeled Chicken Nuggets &amp; steamed Broccoli</b> Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	<b>11</b> <b>*Cold Cut Ham Sandwich, WG Bread, lettuce, cheese, &amp; mayonnaise</b> Tortilla Chips or Oven Fries Banana Slices Milk 1%	<b>12</b> <b>* Beef Stew and mixed vegetables</b> Hapa Rice (Brown & enriched white rice) Apple Wedges Milk 1 %	<b>13</b> <b>*Chicken Alfredo Bake with Vegetables</b> Toasted garlic bread or Oven fries Mixed Fruits Milk 1%
<b>16</b> <b>*Chicken Long Rice Soup and Vegetables</b> Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>17</b> <b>*Cheesy Spaghetti and Broccoli/ Cauliflower</b> Toasted garlic bread or Oven fries Pineapple Bits Milk 1%	<b>18</b> <b>*USDA Child Nutrition Labeled Fish Sticks &amp; steamed Broccoli</b> Dinner Roll Apple wedges Milk 1%	<b>19</b> <b>* Kalua Pork with Cabbage</b> Hapa Rice (Brown & enriched white rice) Fruits Milk 1%	<b>20</b> <b>*Egg &amp; Ham Sandwich on a WG bread with lettuce, mayonnaise, celery &amp; cucumber</b> Tortilla Chips or Oven Fries Mandarin Oranges Milk 1%
<b>23</b> <b>*Chicken Adobo and steamed broccoli</b> Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>24</b> <b>*Saimin with ham, egg and fish cake</b> Steamed Broccoli or Cauliflower Toasted garlic bread Sliced Oranges Milk 1%	<b>25</b> <b>* Cheesy Spaghetti and Broccoli/ Cauliflower</b> Tortilla Chips or Oven Fries Mandarin Oranges Milk 1%	<b>26</b> <b>Prince Kuhio Day (Holiday)</b> <b>NO SCHOOL</b>	<b>27</b> <b>Staff Development Day</b> <b>NO SCHOOL</b>
<b>30</b> <b>*Shoyu Chicken and steamed broccoli</b> Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>31</b> <b>*Chicken Strips and Steamed Broccoli</b> 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
	1 		3 	4
<b>13</b> <b>*Baked Chicken and vegetables</b> Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>14</b> <b>*Spaghetti Bolognese with vegetables</b> Butter toasted bread or Oven Fries Pineapple Fries Milk 1%	<b>15</b> <b>*Kalua Pork &amp; Long Rice with Cabbage</b> Hapa Rice (Brown & enriched white rice) Watermelon Chunks Milk 1%	<b>16</b> <b>*Ham &amp; Cheese Sandwich on WG bread with lettuce, mayonnaise</b> Tortilla Chips or Oven Fries Apple Wedges Milk 1%	<b>17</b> <b>* Chicken stew and vegetables</b> Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%
<b>20</b> <b>*Fried Saimin &amp; Chicken with mixed vegetables</b> Dinner Roll Banana slices Milk 1%	<b>21</b> <b>*USDA Child Nutrition Labeled Chicken Nuggets &amp; steamed Broccoli</b> Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	<b>22</b> <b>*Cold Cut Ham Sandwich, WG Bread, lettuce, cheese, &amp; mayonnaise</b> Tortilla Chips or Oven Fries Banana Slices Milk 1%	<b>2</b> <b>*Spaghetti with vegetable Mexican Chips or Oven Fries</b> Edamame Beans Apple Wedges Milk 1%	<b>24</b> <b>*Beef Stew and mixed vegetables</b> Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%
<b>27</b> <b>*Chicken &amp; Long Rice Soup and mixed vegetables</b> Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	<b>28</b> <b>*USDA Child Nutrition Labeled Fish Sticks &amp; steamed Broccoli</b> Hapa Rice (Brown & enriched white rice) Apple wedges Milk 1%	<b>29</b> <b>*Cheesy Spaghetti and Broccoli/ Cauliflower</b> Toasted garlic bread or Oven fries Pineapple Bits Milk 1%	<b>30</b> <b>* Kalua Pork &amp; Long Rice with Cabbage</b> Hapa Rice (Brown & enriched white rice) Sliced Oranges Milk 1 %	



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## MAY 2026 - Lunch Menu

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



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### Food Components, Food items/Portion or Serving Size

#### Lunch (ages 3-5)

Food Components and Food Items	Brand Name	Portion/Serving Size
<b>Fluid Milk</b> skim milk/nonfat/reduced fat	Dairy Pure/Crystal Creamery Kirkland/Member's Mark/ Sun Hearth	6 fluid ounces
<b>Meat/meat Alternates</b> 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)
<b>Yogurt</b> plain or flavored unsweetened or sweetened low-fat Greek yogurt	Chobani/Yoplait	6 ounces or 1 cup
<b>Vegetables</b>	broccoli, carrots, tomato, cabbage, lettuce, celery, zucchini, corn, potato, cucumbers	¼ cup
<b>Fruits (seasonal)</b>	apples, pineapple, orange, watermelon, cantaloupe, blueberries, banana, fruit cocktail	¼ cup
<b>Grains</b> 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
<b>Hapa rice</b> white rice, brown rice, whole grain-rich or enriched	Calrose/Gen-Ji Mai/ Hin ode/Jasmine/Mahatma	¼ cup