

# Snacks



**ROSARY PRESCHOOL**

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## AUGUST 2026 - Snack Menu

(Menu subject to change without notice.)

| Monday                                                                                                        | Tuesday                                                                                                | Wednesday                                                                                                   | Thursday                                                                                              | Friday                                                                                                           |
|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br><b>A.M.</b><br>Royal Creem Crackers<br>Milk 1%<br><b>P.M.</b><br>Animal Crackers<br>Milk 1%       | <b>4</b><br><b>A.M.</b><br>Town House Crackers<br>Milk 1%<br><b>P.M.</b><br>Frozen Yogurt<br>Milk 1%   | <b>5</b><br><b>A.M.</b><br>Ritz crackers<br>Milk 1%<br><b>P.M.</b><br>Cheez It<br>Milk 1%                   | <b>6</b><br><b>A.M.</b><br>Whole Grain Waffle<br>Milk 1%<br><b>P.M.</b><br>Skyflakes<br>Milk 1%       | <b>7</b><br><b>A.M.</b><br>Kix & Cheerios & Cereal<br>Milk 1%<br><b>P.M.</b><br>Guava Jelly sandwich<br>Milk 1%  |
| <b>10</b><br><b>A.M.</b><br>Hawaiian Sweet Rolls<br>Milk 1%<br><b>P.M.</b><br>Baked Snack Crackers<br>Milk 1% | <b>11</b><br><b>A.M.</b><br>Club Crackers<br>Milk 1%<br><b>P.M.</b><br>Wheat Thins Crackers<br>Milk 1% | <b>12</b><br><b>A.M.</b><br>Mini Pancake w/<br>banana<br>Milk 1%<br><b>P.M.</b><br>Ritz Crackers<br>Milk 1% | <b>A.M.</b><br>Sky Flakes<br>Milk 1%<br><b>P.M.</b><br>Royal Creem Crackers<br>Milk 1%                | <b>14</b><br><b>A.M.</b><br>Froot Loops & Cheerios Cereal<br>Milk 1%<br><b>P.M.</b><br>Cheez It<br>Milk 1%       |
| <b>17</b><br><b>A.M.</b><br>Whole Grain Waffle<br>Milk 1%<br><b>P.M.</b><br>Goldfish Crackers<br>Milk 1%      | <b>18</b><br><b>A.M.</b><br>Ritz Crackers<br>Milk 1%<br><b>P.M.</b><br>Animal Crackers<br>Milk 1%      | <b>19</b><br><b>A.M.</b><br>Honey Maid Crackers<br>Milk 1%<br><b>P.M.</b><br>Honey wheat Pretzel<br>Milk 1% | <b>20</b><br><b>Mass of the Holy Spirit</b><br><b>NO SCHOOL</b>                                       | <b>21</b><br><b>Admission Day</b><br><b>NO SCHOOL</b>                                                            |
| <b>24</b><br><b>A.M.</b><br>Sky Flakes<br>Milk 1%<br><b>P.M.</b><br>Goldfish Crackers<br>Milk 1%              | <b>25</b><br><b>A.M.</b><br>Croissant<br>Milk 1%<br><b>P.M.</b><br>Honey Maid Crackers<br>Milk 1%      | <b>26</b><br><b>A.M.</b><br>Cheese Sandwich<br>Milk 1%<br><b>P.M.</b><br>Club Crackers<br>Frozen Yogurt     | <b>27</b><br><b>A.M.</b><br>Mini Pancake<br>Milk 1%<br><b>P.M.</b><br>Wheat Thins Crackers<br>Milk 1% | <b>28</b><br><b>A.M.</b><br>Cheerios & Blueberry Chex<br>Cereal<br>Milk 1%<br><b>P.M.</b><br>Pretzels<br>Milk 1% |
| <b>31</b><br>Kix & Cheerios &<br>Cereal<br>Milk 1%<br><b>P.M.</b><br>Guava Jelly sandwich<br>Milk 1%          |                                                                                                        |                                                                                                             |                                                                                                       |                                                                                                                  |

**Food Components/Food Items Portions or Serving Size**  
**Snack ( Ages 3-5)**

| <b>Food Components/Food Items</b>                                                                                                   | <b>Types/Brand</b>                                                           | <b>Portions or Serving Size</b>  |
|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------|
| <b>Milk Fluids (1%)</b><br>Skim Milk/Nonfat                                                                                         | Kirkland/Member's Mark<br>Sun Hearth                                         | 4 fluid ounces<br>(½ cups)       |
| <b>Yogurt</b>                                                                                                                       | Yoplait Go-Gurt                                                              | ¼ cup or 2 ounces                |
| <b>Cheese</b> Heads Light String                                                                                                    | Frigo/Member's Mark                                                          | ½ ounces                         |
| <b>Vegetables</b> Edamame Soy<br>Beans/Cooked Dry beans or<br>peas/Corn Kernel                                                      | Nishimoto                                                                    | ½ ounces                         |
|                                                                                                                                     | Del Monte                                                                    | 1/8 cup                          |
| <b>Cereal Category</b> (Whole grain-rich)<br>Flakes/Round                                                                           |                                                                              |                                  |
| Blueberries chex, Cheerios, Multi-<br>Grain Cheerios, Kix, Chex, Cinnamon<br>Chex, Mini Wheats, Chocolately<br>Delight, Trix Cereal | General Mills<br>Post consumerbrands.com<br>Millville                        | ½ cup                            |
| <b>Grains/Bread/Root Crops</b>                                                                                                      |                                                                              |                                  |
| Whole grain-rich or enriched bread                                                                                                  | Hearth Harvest Bread Company<br>Oroweat/ Nature's Harvest/King's<br>Hawaiian | ½ slice                          |
| Whole grain-rich or enriched bread,<br>such as biscuit, roll or muffin                                                              | Homemade                                                                     | ½ ounce serving (if<br>homemade) |
| Ube/Taro/Sweet potato/breadfruit                                                                                                    | Homemade                                                                     | ½ ounce                          |
| <b>Crackers</b><br>(Snack-rounds, ovals, squares)                                                                                   |                                                                              |                                  |
| Ritz Crackers/Town House                                                                                                            | Nabisco/Kellogg's                                                            | 4 crackers                       |
| Wheat Thins                                                                                                                         | Nabisco                                                                      | 6 crackers                       |
| Original Wheat Crackers                                                                                                             | Triscuits                                                                    | 3 crackers                       |
| Honey Maid Graham Crackers                                                                                                          | Nabisco                                                                      | 1 cracker (4 slices)             |
| Royal Creem Crackers<br>Soda Crackers                                                                                               | Diamond Bakery                                                               | 2/4 crackers                     |
| Animal Crackers                                                                                                                     | Member's Mark/Kirkland/Nabisco                                               | 8 crackers                       |
| Club Crackers Snack Stacks                                                                                                          | Kellogg's                                                                    | 5 crackers                       |
| Mini Pretzel (twists)                                                                                                               | Snyder's of Hanover                                                          | 8 pretzels                       |
| Goldfish                                                                                                                            | Pepperridge Farm                                                             | 26 pcs                           |
| Baked Snack Crackers                                                                                                                | Cheez It/Snap'd                                                              | 8 pcs                            |
| 100% Whole Grain Original                                                                                                           | Sun Chips                                                                    | 8 pcs                            |
| Sky flakes Crackers                                                                                                                 | M.Y. San                                                                     | 4 slices                         |
| <b>Pancakes</b> ( medium)                                                                                                           | Kellogg's/Eggo/Krusteaz/Jacks                                                | ½ serving                        |
| <b>Waffles</b> (Square/round)                                                                                                       | Kellogg's/Eggo/Krustaez/Jacks                                                | ½ serving                        |

|               |            |                                                                                  |       |
|---------------|------------|----------------------------------------------------------------------------------|-------|
| <b>Fruits</b> | (seasonal) | Apple, banana, peaches, pineapple,<br>grapes, oranges, watermelon,<br>cantaloupe | ½ cup |
|---------------|------------|----------------------------------------------------------------------------------|-------|