

Snacks



ROSARY PRESCHOOL

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

OCTOBER 2026 – Snack Menu

(Menu subject to change without notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 A.M. Whole Grain Waffle Fat Free Milk P.M. Crispy rice Fat Free Milk	2 A.M. Cheerios & Cereal Fat Free Milk P.M. Baby Carrots (4-6 Sticks) Fat Free Milk
5 A.M. Rice Cake Fat Free Milk P.M. Club Crackers Fat Free Milk	6 A.M. Guava Jelly sandwich Fat Free Milk P.M. Wheat Thins Crackers Fat Free Milk	7 A.M. Mini Pancake w/ Blueberry Fat Free Milk P.M. Fretzel Fat Free Milk	8 A.M. String Cheese Fat Free Milk P.M. Ritz Crackers Fat Free Milk	9 A.M. (1/2 Cup) Sweet Potato Fat Free Milk P.M. Frozen Yugort Fat Free Milk
12 A.M. Cucumber Sticks (4-6) With Low Fat Dressing Fat Free Milk P.M. Goldfish Crackers Fat Free Milk	13 A.M. Ritz Crackers Fat Free Milk P.M. Animal Crackers Fat Free Milk	14 A.M. Honey Maid Crackers Fat Free Milk P.M. Triscuit Thin Crisps Fat Free Milk	15 A.M. Steamed Taro with Broccoli Fat Free Milk P.M. Royal Creem Crackers Fat Free Milk	16 Staff Meeting NO SCHOOL
19 A.M. Hawaiian Sweet Rolls Fat Free Milk P.M. Goldfish Crackers Fat Free Milk	20 A.M. Soda Crackers & Pears Fat Free Milk P.M. Honey Maid Crackers Fat Free Milk	21 A.M. Cheese Sandwich Fat Free Milk P.M. Club Crackers Fat Free Milk	22 A.M. Mini Pancake with Blueberry Fat Free Milk P.M. Wheat Thins Crackers Fat Free Milk	23 A.M. Cheerios & Corn flakes Fat Free Milk P.M. Pretzels Fat Free Milk
26 A.M. Croissant and Baby Carrots (4-6 sticks) Fat Free Milk P.M. Animal Crackers Fat Free Milk	27 A.M. Town House Crackers Fat Free Milk P.M. Frozen Yogurt	28 A.M. Ritz cracker Fat Free Milk P.M. Cheez It Fat Free Milk	29 A.M. Whole Grain Waffle Fat Free Milk P.M. Crispy Rice Fat Free Milk	30 A.M. Honey Maid Cracker Fat Free Milk P.M. Sky Flakes Fat Free Milk

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NOVEMBER 2026 – Snack Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
2 A.M. Hawaiian Sweet Rolls Fat Free Milk P.M. Frozen Yogurt	3 A.M. Celery (4-6 sticks) Raisins (1/8 cup) Fat Free Milk P.M. Wheat Thins Crackers & Strawberries Fat Free Milk	4 A.M. Mini Pancake Fat Free Milk P.M. Mini Brown Rice Cake Water	5 A.M. String Cheese & Blueberries Fat Free Milk P.M. Fretzel Fat Free Milk	6 A.M. (6 sticks) Cucumber with Low Fat Dressing Fat Free Milk P.M. Ritz Crackers Fat Free Milk
9 A.M. Cheese Sandwich Fat Free Milk P.M. Animal Crackers Fat Free Milk	10 A.M. (1/2 Cup) Sweet Potato & Blueberries Fat Free Milk P.M. Honey Maid Cracker Water	11 Veterans Day NO SCHOOL	12 A.M. Sky Flakes Fat Free Milk P.M. Royal Creem Crackers Fat Free Milk	13 A.M. Guava Jelly sandwich Fat Free Milk P.M. Frozen Yogurt Fat Free Milk
16 A.M. Whole Grain Bread with Marmalade Jam Fat Free Milk P.M. Goldfish Crackers Fat Free Milk	17 A.M. Croissant Fat Free Milk P.M. Rice Cake (1 1/2) Fat Free Milk	18 A.M. Hawaiian Sweet Rolls Fat Free Milk P.M. Club Crackers Frozen Yogurt	19 A.M. Steamed Taro Fat Free Milk P.M. Wheat Thins Crackers Fat Free Milk	20 A.M. Cheerios & Apple Jack Cereal Fat Free Milk P.M. Pretzels & Melon Dice Fat Free Milk
23 A.M. Pears & Soda Crackers Fat Free Milk P.M. Animal Crackers Fat Free Milk	24 A.M. Club House Crackers Fat Free Milk P.M. Frozen Yogurt Fat Free Milk	25 A.M. Honey Maid Crackers Fat Free Milk P.M. Cheez It Fat Free Milk	26 Thanksgiving Holiday NO SCHOOL	27  
30 A.M. Peaches (2-3 Slices) Fat Free Milk P.M. Baked Snack Crackers Fat Free Milk				

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DECEMBER 2026 - Snack Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 A.M. (Mini Pancake with Blueberries Fat Free Milk P.M. Wheat Thins Crackers Fat Free Milk	2 A.M. (6 sticks) Cucumber with Low Fat Dressing Fat Free Milk P.M. Ritz Crackers Fat Free Milk	3 A.M. String Cheese Fat Free Milk P.M. Crispy Rice Fat Free Milk	4 A.M. Cheerios & Blueberries Chex Fat Free Milk P.M. Ritz Crackers Fat Free Milk
7 A.M. Whole Grain Waffle Fat Free Milk P.M. Dried Fruit Oranges Fat Free Milk	8 A.M. Baby Carrots with Low Fat Dressing Fat Free Milk P.M. Animal Crackers Fat Free Milk	9 A.M. Whole Grain Bread with Marmalade Jam Fat Free Milk P.M. Cinnamon Chex Fat Free Milk	10 A.M. Sky Flakes & Apple Wedges Fat Free Milk P.M. Royal Cream Crackers Water	11 A.M. Froot Loops & Cheerios Cereal Fat Free Milk P.M. Chiz It & Oranges Wedges Fat Free Milk
14 A.M. (1/2 Cup) Sweet Potato Fat Free Milk P.M. Pears & Whole Grain Crackers Fat Free Milk	15 A.M. Croissant Fat Free Milk P.M. Honey Maid Crackers Fat Free Milk	16 A.M. Steamed Taro Fat Free Milk P.M. Club Crackers Frozen Yogurt	17 A.M. Mini Pancake Fat Free Milk P.M. Oranges Wedges Water	18 A.M. Edamame Fat Free Milk P.M. Pretzels Water
21 <div> Christmas Break NO SCHOOL </div>	22	23 	24 	25
28				

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

Food Components/Food Items	Types/Brand	Portions or Serving Size
Milk Fluids (1%) Skim Milk/Nonfat	Kirkland/Member's Mark Sun Hearth	4 fluid ounces (½ cups)
Yogurt	Yoplait Go-Gurt	¼ cup or 2 ounces
Cheese Heads Light String	Frigo/Member's Mark	½ ounces
Vegetables Edamame Soy Beans/Cooked Dry beans or peas/Corn Kernel	Nishimoto	½ ounces
	Del Monte	1/8 cup
Cereal Category (Whole grain-rich) Flakes/Round		
Blueberries chex, Cheerios, Multi- Grain Cheerios, Kix, Chex, Cinnamon Chex, Mini Wheats, Chocolately Delight, Trix Cereal	General Mills Post consumerbrands.com Millville	½ cup
Grains/Bread/Root Crops		
Whole grain-rich or enriched bread	Hearth Harvest Bread Company Oroweat/ Nature's Harvest/King's Hawaiian	½ slice
Whole grain-rich or enriched bread, such as biscuit, roll or muffin	Homemade	½ ounce serving (if homemade)
Ube/Taro/Sweet potato/breadfruit	Homemade	½ ounce
Crackers (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 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
Pancakes (medium)	Kellogg's/Eggo/Krusteaz/Jacks	½ serving
Waffles (Square/round)	Kellogg's/Eggo/Krustaez/Jacks	½ serving
Fruits (seasonal)	Apple, banana, peaches, pineapple, grapes, oranges, watermelon, cantaloupe	½ cup

