

Snacks



ROSARY PRESCHOOL

94-1249 Lumikula Street, Waipahu, HI 96797

Phone & Fax #: (808) 677-1202

website: <http://www.rosarypreschool.com>

SEPTEMBER 2026 – Snack Menu

(Menu Subject to change without

notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 A.M. Town House Crackers Milk 1% P.M. Frozen Yogurt Milk 1%	2 A.M. Corn Flakes Milk 1% P.M. Cheez It Milk 1%	3 A.M. Whole Grain Waffle Milk 1% P.M. Ritz Crackers Milk 1%	4 A.M. Cheerios & Cereal Milk 1% P.M. Soda Crackers Milk 1%
7 Labor Day No School	8 A.M. Club Crackers Milk 1% P.M. Wheat Thins Crackers Milk 1%	9 A.M. Mini Pancake Milk 1% P.M. Animal Cracker Milk 1%	10 A.M. String Cheese Milk 1% P.M. Royal Cream Cracker Milk 1%	11 A.M. Cheerios & Lucky Charm Cereal Milk 1% P.M. Ritz Crackers Milk 1%
14 A.M. Whole Grain Waffle Milk 1% P.M. Goldfish Crackers Milk 1%	15 A.M. Ritz Crackers Milk 1% P.M. Animal Crackers Milk 1%	16 A.M. Honey Maid Crackers Milk 1% P.M. Cinnamon Chex Milk 1%	17 A.M. Sky Flakes Milk 1% P.M. Royal Creem Crackers Milk 1%	18 Leeward Catholic Schools Staff Meeting NO SCHOOL
21 A.M. Ritz Crackers Milk 1% P.M. Goldfish Crackers Milk 1%	22 A.M. Croissant Milk 1% P.M. Honey Maid Crackers Milk 1%	23 A.M. Cheese Sandwich Milk 1% P.M. Club Crackers Frozen Yogurt	24 A.M. Mini Pancake Milk 1% P.M. Wheat Thins Crackers Milk 1%	25 A.M. Cheerios & Corn Chex Milk 1% P.M. Pretzels Milk 1%
28 A.M. Royal Creem Crackers Milk 1% P.M. Animal Crackers Milk 1%	29 A.M. Mini Pancake Milk 1% P.M. Wheat Thins Crackers Milk 1%	30 A.M. Hawaiian Sweet Rolls Milk 1% P.M. Baked Snack Crackers Milk 1%		

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NOVEMBER 2026 – Snack Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3 A.M. Hawaiian Sweet Rolls Milk 1% P.M. Baked Snack Crackers Milk 1%	4 A.M. Club Crackers Milk 1% P.M. Wheat Thins Crackers Milk 1%	5 A.M. Mini Pancake Milk 1% P.M. Skyflakes Milk 1%	6 A.M. String Cheese Milk 1% P.M. Fretzel Milk 1%	7 A.M. Cheerios & Blueberries Chex Milk 1% P.M. Ritz Crackers Milk 1%
10 A.M. Cheese Sandwich Milk 1% P.M. Animal Crackers Milk 1%	11 Veterans Day NO SCHOOL	12 A.M. Honey Maid Crackers Milk 1% P.M. Cinnamon Chex Milk 1%	13 A.M. Sky Flakes Milk 1% P.M. Royal Creem Crackers Milk 1%	14 Staff Development Day (SOTF Conference) NO SCHOOL
17 A.M. Sky Flakes Milk 1% P.M. Goldfish Crackers Milk 1%	18 A.M. Croissant Milk 1% P.M. Honey Maid Crackers Milk 1%	19 A.M. Hawaiian Sweet Rolls Milk 1% P.M. Club Crackers Frozen Yogurt	20 A.M. Mini Pancake Milk 1% P.M. Wheat Thins Crackers Milk 1%	21 A.M. Cheerios & Apple Jack Cereal Milk 1% P.M. Pretzels Milk 1%
24 A.M. Royal Creem Crackers Milk 1% P.M. Animal Crackers Milk 1%	25 A.M. Town House Crackers Milk 1% P.M. Frozen Yogurt Milk 1%	26 A.M. Honey Maid Crackers Milk 1% P.M. Cheez It Milk 1%	27 A.M. Kix & Cheerios & Cereal Milk 1% P.M. Guava Jelly sandwich Milk 1%	28

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DECEMBER 2026 - Snack Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
1 A.M. Hawaiian Sweet Rolls Milk 1% P.M. Baked Snack Crackers Milk 1%	2 A.M. Club Crackers Milk 1% P.M. Wheat Thins Crackers Milk 1%	3 A.M. Mini Pancake with Blueberry Milk 1% P.M. Ritz Crackers Milk 1%	4 A.M. String Cheese Milk 1% P.M. Crispy Rice Milk 1%	5 A.M. Cheerios & Blueberries Chex Milk 1% P.M. Sky Flakes Milk 1%
8 A.M. Whole Grain Waffle Milk 1% P.M. Goldfish Crackers Milk 1%	9 A.M. Crispy Rice Milk 1% P.M. Animal Crackers Milk 1%	10 A.M. Honey Maid Crackers Milk 1% P.M. Cinnamon Chex Milk 1%	11 A.M. Guava Jelly Sandwich Milk 1% P.M. Royal Creem Crackers Milk 1%	12 A.M. Froot Loops & Cheerios Cereal Milk 1% P.M. Cheez It Milk 1%
15 A.M. Sky Flakes Milk 1% P.M. Goldfish Crackers Milk 1%	16 A.M. Croissant Milk 1% P.M. Honey Maid Crackers Milk 1%	17 A.M. Cheese Sandwich Milk 1% P.M. Club Crackers Frozen Yogurt	18 A.M. Mini Pancake Milk 1% P.M. Wheat Thins Crackers Milk 1%	19 A.M. Cheerios & Blueberries Chex Milk 1% P.M. Pretzels Milk 1%
22 Christmas Break NO SCHOOL	23	24 	25 	26
29				

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, Chocolatey 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