



ROSARY PRESCHOOL

94-1249 Lumikula Street, Waipahu, HI 96797

Phone & Fax #: (808) 677-1202

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

OCTOBER 2026 - Lunch Menu

(Menu subject to change without notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 *White beans Soup, Whole wheat Toast Apples Fat Free Milk	2 *Tofu In Sauce & mixed vegetables Hapa Rice (Brown & enriched white rice) Blueberry Fat Free Milk
5 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Fat Free Milk	6 *Ground Beef with Veggie Hapa Rice (Brown & enriched white rice) Mixed Fruits Fat Free Milk	7 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed Cauliflower Watermelon Chunks Fat Free Milk	8 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Strawberry Fat Free Milk	9 *Turkey Sandwich WG Wheat Bread, lettuce, cheese & mayonnaise Carrot & celery sticks Oven Fries (3 pcs) or Tortilla Chips Watermelon Fat Free Milk
12 *Chicken Adobo with steamed broccoli/zucchini Hapa Rice (Brown & enriched white rice) Pineapple Fat Free Milk	13 *Lentil Soup with mixed vegetables with whole grain Toasted Bread Apple Fat Free Milk	14 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Oranges Fat Free Milk	15 *USDA Child Nutrition Labeled Chicken Strips & steamed Broccoli/Cauliflower Hapa Rice (Brown & enriched white rice) Cantaloupe Fat Free Milk	16 <div style="background-color: yellow; text-align: center;">Staff Meeting</div> NO SCHOOL
19 *Tofu in Sauce with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Banana Slices Fat Free Milk	20 *Ground Beef with Peas and Corn Hapa Rice (Brown & enriched white rice) Oven Potato Fries or Tortilla chips Apple Fat Free Milk	21 *Chicken Nuggets with steamed Broccoli Hapa Rice (Brown & enriched white rice) Zucchini in Sauce Watermelon Chunks Fat Free Milk	22 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted bread Mandarin Oranges slices Fat Free Milk	23 *Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Mixed Fruits Fat Free Milk
26 *Chicken Soup with Long Rice and mixed vegetables Hapa Rice (Brown & enriched white rice) Banana Slices Fat Free Milk	27 *USDA Child Nutrition Labeled fish stick Hapa Rice (Brown & enriched white rice) Zucchini, Carrot sticks Papaya Fat Free Milk	28 *Lentil, beans & Veggie Soup Whole Wheat Toast Sliced Mandarin Oranges Fat Free Milk	29 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Cantaloupe Fat Free Milk	30 *Tuna Sandwich & Celery & Carrots Mixed Fruits Fat Free Milk



ROSARY PRESCHOOL

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

NOVEMBER 2026 - Lunch Menu

(Menu subject to change without notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted bread Banana Fat Free Milk	3 * Shoyu chicken & Baked Broccoli Hapa Rice (Brown & enriched white rice) Mixed Veggies Blueberry Fat Free Milk	4 *WG Spaghetti with meat balls, mixed vegetables & marinara sauce Tortilla Chips Cantaloupe Fat Free Milk	5 *Tufo in Sauce Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Apple Wedges Fat Free Milk	6 *Tuna Sandwich Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Oven Potato Fries or Tortilla Chips Sliced Mandarin Oranges Fat Free Milk
9 * Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Cucumber Sticks, celery Apple/Blueberry Fat Free Milk	10 * Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli/Zucchini Watermelon Chunks Fat Free Milk	11 Veterans Day NO SCHOOL	12 *White Beans Soup with whole grain Toasted Bread Strawberry Fat Free Milk	13 *Sweet and Sour Chicken Hapa Rice (Brown & enriched white rice) Zucchini Apple Wedges Fat Free Milk
16 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Fat Free Milk	17 *Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Fat Free Milk	18 * Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Apple Wedges Fat Free Milk	19 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Fat Free Milk	20 *Chicken Soup with Long Rice and Carrots & Cabbage Hapa Rice (Brown & enriched white rice) Pineapple Bits Fat Free Milk
23 * Lentil Soup with mixed vegetables with whole grain Toasted Bread Sliced Banana Fat Free Milk	24 * Ground Beef with Beans Hapa Rice (Brown & enriched white rice) Pineapple Bits Fat Free Milk	25 *Chicken Strips with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli/Cauliflower Watermelon Chunks` Fat Free Milk	26 Thanksgiving Holiday NO SCHOOL	27
30 * Chicken stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Fat Free Milk				



ROSARY PRESCHOOL

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

DECEMBER 2026- Lunch Menu

(Menu subject to change without notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Chickpea with Whole Grain Toasted Bread Carrots & Celery Banana Slices Fat Free Milk	2 *WG Spaghetti with meat balls, mixed vegetables & marinara sauce Baked Sweet Potato Strawberry Fat Free Milk	3 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Steamed Zucchini in Sauce Pineapple Bits Fat Free Milk	4 *Chicken stew with Carrots & Bell pepper Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Sliced Mandarin Oranges Fat Free Milk
7 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Fat Free Milk	8 *Saimin Noodles with chicken and mixed vegetables Asparagus/Zucchini Apple Wedges Fat Free Milk	9 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Celery Watermelon Chunks Fat Free Milk	10 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Blueberry Fat Free Milk	11 *WG Mac & Cheese with Ham Broccoli/Cauliflower & Carrots Oven fries (3 pcs) or Tortilla Chips Mandarin Oranges slices Fat Free Milk
14 *Tufo in Sauce with Zucchini/Broccoli & Carrots Hapa Rice (Brown & enriched white rice) Banana Slices Fat Free Milk	15 *Chicken Soup with Long Rice and Carrots & Cabbage Hapa Rice (Brown & enriched white rice) Mandarin Oranges Slices Fat Free Milk	16 * and Corn Hapa Rice (Brown & enriched white rice) Oven Potato Fries or Tortilla chips Apple Wedges Fat Free Milk	17 *USDA Child Nutrition Labeled Chicken Strips & Mixed Veggies Hapa Rice (Brown & enriched white rice) Strawberry Fat Free Milk	18 CHRISTMAS PROGRAM
21 Christmas Break NO SCHOOL	22 	23 	24 	25 
28 	29 	30 MERRY CHRISTMAS! 	31 	

**ROSARY PRESCHOOL**

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

**Food Components, Food items/Portion or Serving Size****Lunch (ages 3-5)**

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	Kirkland/Member's Mark fish sticks (Gordian'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, cauliflower	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/King's Hawaiian	½ slice
whole grain-rich or enriched bread products, e.g. biscuit, roll or muffin, sweet bread	French, Italian Vienna, raisin, multi-grain, quick breads, Hawaiian	½ serving
whole grain-rich or enriched or fortified noodles or pasta	Barilla fettuccine/penne rigate noodles (Chow Mein)	¼ cup
Hapa rice white rice, brown rice, whole grain-rich or enriched	Calrose/Gen-Ji Mai/ Hinode/Jasmine/Mahatma	¼ cup