



ROSARY PRESCHOOL

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

September 2026 - Lunch Menu

(Menu Subject to change without notice.)

Monday	Tuesday	Wednesday	Thursday	Friday
*Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Cauliflower Sliced Banana Milk 1%	1 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	2 *WG Spaghetti with meat balls, mixed vegetables & Prego sauce Tortilla Chips Pineapple Bits Milk 1%	3 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Baked Zucchini Apple Wedges Milk 1%	4 *Tuna Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Oven Potato Fries or Cauliflower Sliced Mandarin Oranges Milk 1%
7 Labor Day NO SCHOOL	8 *Saimin noodle soup with ham, egg and fish cake Oven fries (3 pcs) Carrot sticks Mandarin Oranges Milk 1%	9 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Baked zucchini/ broccoli Watermelon Chunks Milk 1%	10 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Pineapple Bits Milk 1%	11 *Cold Cut Ham Sandwich on a WG Wheat Bread, lettuce, cheese & mayonnaise Carrot & celery sticks Mexican Tortilla Apple Wedges Milk 1%
14 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	15 *Chicken Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	16 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Pineapple Bits Milk 1%	17 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	18 Staff Dev. NO SCHOOL
21 *Shoyu Chicken with steamed Broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	22 *Spaghetti with Homemade Bolognese sauce and mixed vegetables Baked Potato Fries or Tortilla chips Pineapple Bits Milk 1%	23 *Chicken Strips with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli Watermelon Chunks Milk 1%	24 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted garlic bread Sliced Oranges Milk 1%	25 *Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Chips Pineapple Bits Milk 1%
28 *Chicken Soup with Long Rice and mixed vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%	29 *Tuna Sandwich WG Wheat Bread, lettuce, & mayonnaise Carrot & Celery Sticks Oven Fries or Mexican Tortilla Chips Mixed Fruits Milk 1%	30 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%		



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OCTOBER 2026 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Apple Milk 1%	2 * Fried Saimin with chicken & mixed vegetables Dinner roll Sliced Mandarin Oranges Milk 1%
5 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	6 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	7 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%	8 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Pineapple Bits Milk 1%	9 *Cold Cut Ham Sandwich WG Wheat Bread, lettuce, cheese & mayonnaise Carrot & celery sticks Oven Fries (3 pcs) or Tortilla Chips Apple Wedges Milk 1%
12 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	13 * Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	14 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Apple Milk 1%	15 *USDA Child Nutrition Labeled Chicken Strips & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	16 Staff Meeting NO SCHOOL
19 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Banana Slices Milk 1%	20 *Spaghetti with Homemade Bolognese sauce and mixed vegetables Oven Potato Fries or Tortilla chips Apple Milk 1%	21 *Chicken Nuggets with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli Watermelon Chunks` Milk 1%	22 * Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted bread Mandarin Oranges slices Milk 1%	24 *Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Mixed Fruits Milk 1%
26 *Chicken Soup with Long Rice and mixed vegetables Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	27 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Carrot sticks Apple Wedges Milk 1%	28 * Fried Saimin with chicken & mixed vegetables Dinner roll Sliced Mandarin Oranges Milk 1%	29 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Melon Milk 1%	30 *Tuna Sandwich & Celery & Carrots Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%



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NOVEMBER 2026 - Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
2 *Saimin noodle soup with ham, egg and fish cake Carrot Sticks Toasted bread Mandarin Oranges slices Milk 1%	3 *USDA Child Nutrition Labeled fish stick & Baked Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	4 *WG Spaghetti with meat balls, mixed vegetables & marinara sauce Oven Potato Fries or Tortilla Chips Pineapple bits Milk 1%	5 *Shoyu chicken Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Apple Wedges Milk 1%	6 *Tuna Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Oven Potato Fries or Tortilla Chips Sliced Mandarin Oranges Milk 1%
9 * Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Apple/Blueberry Milk 1%	10 * Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%	11 Veterans Day NO SCHOOL	12 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Bread Pineapple Bits Milk 1%	13 *Cheese pizza on whole bread with tomato sauce. Oven fries (3 pcs) or Tortilla Chips Carrot & Celery sticks Apple Wedges Milk 1%
16 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	17 *Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	18 * Ham & Cheese Sandwich WG Wheat Bread, Lettuce, cheese, mayonnaise Celery & Carrot Sticks Mexican Tortilla Apple Wedges Milk 1%	19 *USDA Child Nutrition Labeled Chicken nuggets & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	20 *Chicken Soup with Long Rice and vegetables Potato fries {3 pcs} or Tortilla Chips Pineapple Bits Milk 1%
23 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	24 *Spaghetti with Homemade Bolognese sauce and mixed vegetables Oven Potato Fries or Tortilla chips Pineapple Bits Milk 1%	25 *Chicken Strips with steamed Broccoli Hapa Rice (Brown & enriched white rice) Steamed Broccoli/Cauliflower Watermelon Chunks` Milk 1%	26 Thanksgiving Holiday NO SCHOOL	27  
30 * Chicken stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Sliced Banana Milk 1%				



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DECEMBER 2026- Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	2 *WG Spaghetti with meat balls, mixed vegetables & marinara sauce Baked Potato Fries or Tortilla Chips Apple Wedges Milk 1%	3 *USDA Child Nutrition Labeled Fish Sticks Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Pineapple Bits Milk 1%	4 *chicken stew with vegetables Hapa Rice (Brown & enriched white rice) Steamed Cauliflower/Broccoli Sliced Mandarin Oranges Milk 1%
7 *Shoyu Chicken with mixed vegetables Hapa Rice (Brown & enriched white rice) Steamed Broccoli Sliced Banana Milk 1%	8 *Fried Saimin with chicken and mixed vegetables Oven fries (3 pcs) or Tortilla Chips Apple Wedges Milk 1%	9 *Kalua Pork & Cabbage Hapa Rice (Brown & enriched white rice) Steamed broccoli Watermelon Chunks Milk 1%	10 *Chicken Alfredo with white sauce & cheese. Steamed broccoli/cauliflower Toasted Garlic Bread Pineapple Bits Milk 1%	11 *WG Mac & Cheese with Ham Steamed broccoli/Cauliflower Oven fries (3 pcs) or Tortilla Chips Mandarin Oranges slices
14 *Chicken Adobo with steamed broccoli Hapa Rice (Brown & enriched white rice) Banana Slices Milk 1%	15 *Spaghetti with mixed vegetables Oven Potato Fries or Tortilla Chips Mandarin Oranges Slices Milk 1%	16 *Beef Stew with mixed vegetables Hapa Rice (Brown & enriched white rice) Apple Wedges Milk 1%	17 *USDA Child Nutrition Labeled Chicken Strips & steamed Broccoli Hapa Rice (Brown & enriched white rice) Mixed Fruits Milk 1%	18 CHRISTMAS PROGRAM
21 Christmas Break NO SCHOOL	22 	23 	24 	25 
28 	29 	30 MERRY CHRISTMAS! 	31 	

**ROSARY PRESCHOOL**

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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