



**Makiki Christian Church Preschool
Morning and Afternoon Snack Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack				
Honey Oats (1/2 c)	Sweet Bread (1)	English Muffin (1/2)	Cinn. Raisin (1/2)	Cheerios (1/2 oz)
Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)
Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)
Afternoon Snack				
Multi-Grain (7)	Tortilla (1/2)	Graham Crkr (4)	Goldfish (1/2 c)	Wheat Thins (7)
Gogurt (1)	Cheese (1)	Milk (1/2 c)	Fruit (1/2 c)	String Cheese (1/2)
Morning Snack				
Honey Oats (1/2 c)	Sweet Bread (1)	Bagel (1/4)	Cinn. Toast (1/2)	Cheerios (1/2 oz)
Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)
Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)
Afternoon Snack				
Ritz (4)	Soda Crkr (3)	Creem Crkr (2)	Pretzels (3)	Club Crkr (4)
Gogurt (1)	Chicken Spread	Milk (1/2 c)	Fruit (1/2 c)	String Cheese (1/2)
Morning Snack				
Honey Oats (1/2 c)	Sweet Bread (1)	Waffle (1/2)	Cinn. Raisin (1/2)	Cheerios (1/2 oz)
Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)
Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)
Afternoon Snack				
Multi-Grain (7)	Pretzels (3)	Animal Crkr (5)	Wheat Thins (7)	Graham Crkr (4)
Gogurt (1)	Cheese (1)	Milk (1/2 c)	Fruit (1/2 c)	String Cheese (1/2)
Morning Snack				
Honey Oats (1/2 c)	Sweet Bread (1)	Bagel (1/4)	Cinn. Toast (1/2)	Cheerios (1/2 oz)
Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)
Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)
Afternoon Snack				
Ritz (4)	Tortilla (1/2)	Graham Crkr (4)	Club Crkr (4)	Wheat Thins (7)
Gogurt (1)	Cheese (1)	Milk (1/2 c)	Fruit (1/2 c)	String Cheese (1/2)
Morning Snack				
Honey Oats (1/2 c)	Sweet Bread (1)	English Muffin (1/2)	Cinn. Toast (1/2)	Cheerios (1/2 oz)
Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)	Fresh Fruit (1/2 c)
Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)	Skim Milk (3/4 c)
Afternoon Snack				
Multi-Grain (7)	Goldfish (1/2 c)	Creem Crkr (2)	Club Crkr (4)	Ritz (4)
Gogurt (1)	Cheese (1)	Milk (1/2)	Fruit (1/2 c)	String Cheese (1/2)

This institution is an equal opportunity provider and employer. Menu subject to change.

MAKIKI CHRISTIAN CHURCH PRESCHOOL

	Tue	Wed	Thu	Fri
2	3	4	5	6
LABOR DAY SCHOOL CLOSED	Shoyu Chicken Enriched Rice Green Beans Unsweetened Applesauce	Enriched Spaghetti w/Meat Sauce Fresh Frozen Peas & Carrots Seasonal Fruit	Pork Long Rice Enriched Rice Corn Niblets Seasonal Fruit	Roast Chicken w/Gravy Enriched Rice Mixed Vegetables Seasonal Fruit
9	10	11	12	13
Fried Hapa Rice w/Minced Pork Fresh Frozen Peas Unsweetened Applesauce	Beef Chili w/Beans Enriched Rice Corn Niblets Seasonal Fruit	Cream of Chicken Enriched Rice Fresh Frozen Peas & Carrots Seasonal Fruit	Hamburger Curry Stew Enriched Rice Seasonal Fruit	Chicken Long Rice Enriched Rice Green Beans Seasonal Fruit
16	17	18	19	20
Pork w/Peas Enriched Rice Fresh Frozen Peas Unsweetened Applesauce	Macaroni and Cheese w/Chicken Casserole Green Beans Seasonal Fruit	Korean Spiced Beef on Enriched Rice Fresh Frozen Peas & Carrots Seasonal Fruit	Cream of Mushroom Chicken, Enriched Rice Corn Niblets Seasonal Fruit	Mexican Rice Casserole w/Salsa Pork Mixed Vegetables Seasonal Fruit
23	24	25	26	27
Fried Hapa Rice w/Assorted Meats Unsweetened Applesauce	Hamburger Stroganoff Enriched Rice Green Beans Seasonal Fruit	Creamed Tuna Enriched Pasta Casserole Fresh Frozen Peas & Carrots Seasonal Fruit	Hamburger Stew Enriched Rice Seasonal Fruit	Ham and Cheese on W/G Bread Organic Carrot Sticks Seasonal Fruit
30				
Hamburger/Macaroni Casserole Green Beans Unsweetened Applesauce				
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