



Mililani Community Church Preschool

95-1100 Kaapeha Street, Mililani, Hawaii 96789

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Preschool@MCCHawaii.org

Daily Snack Menu*

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|--------------------|------------------------------|---------------------------------|--------------------|-------------------------------|
| AM | Crackers Milk | Cereal, Milk or yogurt | Cracker w/ Cheese & Water | Cereal, Milk | Crackers Milk or yogurt |
| PM | Crackers Fruits | Crackers Juice | Crackers Fruits / Veg. | Crackers Fruits | Crackers Juice |

* Snacks
may be substituted without notice.

Serving Size:

No. of crackers / serving Type:

- 3 Soda (13g)
- 4-5 Ritz / Club / Wheat Thins (10g)
- 11-12 Cheese Its (13g)
- 20 Whole Grain Goldfish (13g)
- 1/3 C. Whole Grain Cereal (Cheerios / Wheat Chex)

Beverage:

- Water
- 1% Milk (4 oz)
- 100% Apple Juice (4 oz) ^ may not be served more than twice a week.

Other:

- 1/2 C. Fruit or Vegetable (Apple, Orange, Other seasonal fruits: fresh/frozen, canned and diced may be offered / TBA) Note: grapes must be cut in half before serving
- 1/4 C. Dried Fruit
- 1/2 (14g) slice cheese (American pasteurized process cheese)
- 1/2 slice Wheat toast / Bagel / English muffin
- 2 oz. yogurt or cottage cheese
- 1 Tbsp (50cal) Condiments: Jam/Jelly (strawberry /grape) Margarine or cream cheese

NOTES:

Whole grain snack item will always be offered once a day such as Cheerios, Wheat Thins and other crackers that say "100% whole grain" or "made with whole grain."

Cereal will have no more than 6 grams of sugar per dry ounce (28g).

Yogurt will have no more than 23 grams of sugar per 6 oz. serving.

Peanut, peanut butter, nuts and nut products are not served at school.

If your child has an **allergy** to any of the above snack items, items on our lunch menu or for some medical reason cannot consume foods offered through the preschool (i.e. milk / dairy products), please notify the OFFICE in writing and make arrangements for nutritious substitute foods.

LUNCH is provided through Lanakila Kitchen (Menus are available each month). Preschool Portion Size: All meals come with ½ cup vegetables, ½ cup fruit, 2 oz protein, ¼ cup starch, ½ pt 1% milk

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