



# Mililani Community Church Preschool

95-1100 Kaapeha Street, Mililani, Hawaii 96789

(808) 638-1938

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(minimum):

Ritz: 4 crackers (11 g)  
 Club / Multi Grain Club: 5 crackers (11g)  
 Wheat Thins: 6 crackers (11 g)  
 Triscuit: 3 crackers (11 g)  
 Saltine Crackers 4 squares (11g)  
 Cheese Nips: 14 crackers (14 g)  
 Cheese Its: 9 crackers (14g)  
 Goldfish / Whole Grain: 26 crackers (14g)  
 Crème Crackers: 2 crackers (14g)  
 Cheerios / Multi-grain Cheerios: ½ c  
 Chex (Corn/Rice), Crispix, Kix, Life: ¾ c

### Beverage:

1% Milk (4 oz; 8 oz or ½ pint for lunch)  
 100% Apple Juice (4 oz) ^ may not be served more  
 than twice a week.

### Other:

1/2 C. Fruit or Vegetable (Fresh: Apple, Orange,  
 grapes, melon, carrots, celery; fruit cup;  
 applesauce may be offered. *Note: grapes must  
 be cut in half before serving*

1/4 C. Dried Fruit  
 1/2 (14g) slice cheese (American pasteurized  
 process cheese or mozzarella string Cheese)  
 2 oz. yogurt  
 1 Tbsp (50cal) Condiments: Jam/Jelly  
 (strawberry /grape) Margarine or cream cheese

*Please see attached for brand names of  
 products served.*

### 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 food items or medical reason(s) 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 service is currently not offered through the school. Lunch** must be brought from home. Guidelines for home lunch is in the Parent Handbooks. Milk will be provided at school. Children must bring their own water bottle to school.