MARINE & Family
Child and Youth Programs

DECEMBER 2026

School Age Care

MCCS HAWAII

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **English Muffin** w/Jelly, Pineapple, Milk Teddy Grahams, Mixed Fruit, Water Goldfish Crackers, Water Week 3	2 Yogurt, Granola, Blueberries, Milk Turkey & Cheese on **Whole Grain Tortilla**, Water Assorted Crackers, Water	3 Hardboiled Eggs, **Whole Grain Toast**, w/ Jelly, Orange Slices, Milk Breadsticks w/Marinara, Cheese Stick, Water Vanilla Wafers, Water	4 **Whole Grain Cinnamon Toast**, Banana, Milk Chicken N Biskit Crackers, Watermelon, Water Cheese Nips, Water
7 **Multi-Grain Cheerios**, Mixed Fruit, Milk Saltine Crackers, Cheese & Ham Slices Water Chicken N Biskit Crackers, Water Week 4	8 French Toast Sticks, Mandarin Oranges, Milk Sunflower Butter & Jelly on **Whole Grain Tortilla**, Milk Saltines Crackers, Water	9 **Oatmeal**, Apple Slices, Milk Egg Salad Sandwich on **Whole Grand Bread**, Apple Juice Goldfish Crackers, Water	10 Waffles, Blueberries, Milk **Graham Crackers**, Yogurt, Water Pretzels, Water	11 Sausage Patty, Biscuit, Melon, Milk Carrot Sticks w/Ranch, **Whole Grain Ritz Crackers,** Water Cheese Nips, Water
14 **Kix Cereal,** Pears, Milk Taco Chips, Shredded Cheese, Salsa, Water Teddy Grahams, Water Week 5	15 Bagels w/Cream Cheese, Pineapple Chunks, Milk Egg Salad Sandwich on **Whole Grain Bread,** Apple Juice **Whole Grain Ritz Crackers,** Water	16 Scrambled Eggs w/Cheese, Mandrin Oranges, **Whole Grain Tortilla,** Milk Blueberry Muffin, Grape Juice Cheese Nips, Water	17 **Multi-Grain Cheerios**, Strawberries, Milk Breadsticks w/Marinara, Cheese Stick Water Graham Crackers, Water	18 **Whole Grain Toast,** w/Sunflower Butter, Banana, Milk Swirl Bread w/Crean Cheese, Grape Juice Saltine Crackers & Water
21 **Kix Cereal**, Mandarin Oranges, Milk Teddy Grahams, Grapes, Water Swirl Bread, Water Week 1	22 **Whole Grain-Cinnamon Toast,** Applesauce, Milk Wheat Thins, Dried Fruit, Cheese Stick, Water Saltine Cracker, Water	23 French Toast Sticks, Mixed Fruit & Milk Sunflower Butter & Jelly on **Whole Grain Tortilla**, Milk Goldfish Crackers, Water	24 Sausage Patty, Biscuit, Blueberries,Milk Ham & Cheese, **Tea Roll** & Water **CYP Closed At Noon**	25 **Holiday,** **CYP Closed**
28 **Multi-Grain Cheerios,** Peaches, Milk Pretzels, Cheese Sticks, Water Chicken N Biskit, Water Week 2	29 Raisin Bread w/Cream Cheese, Bananas, Milk Egg Salad Sandwich on **Whole Grain Bread,** Apple Juice Ritz Crackers, Water	30 **Oatmeal**, Mandarin Oranges, Milk Cheese Nips, Mixed Fruit, Water Vanilla Wafer, Water	31 Scramble Eggs & Cheese, Pears **Whole Grain Toast,** Milk Banana Muffin, Milk **Wheat Thins,** Water	

Meal Pattern

Breakfast

Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup
Grain	½ oz.	½ oz. eq.	1 oz. eq.
Fruit	¼ cup	½ cup	½ cup

Lunch

Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq
Fruit	¼ cup	½ cup	½ cup
Vegetable	¼ cup	½ cup	¾ cup
Meat	1oz	1.5oz	2oz

Snack

Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.
Fruit	¼ cup	½ cup	½ cup
Meat	1oz	1.5oz	2oz