DECEMBER 2026

Child Development Centers

MARINE & Family Child and Youth Programs

MCCS HAWAII

Monday	Tuesday	Wednesday	Thursday	Friday
	1 English Muffin w/Cheese, Mandarin Oranges, Milk Kalua Pork & Cabbage, **Brown Rice,** Pineapple, Milk **Graham, Crackers**, Cantaloupe, Water Goldfish Crackers, Water	2 Cream of Wheat, Peaches, Milk **Turkey & Cheese Sandwich on Whole Grain Bread,** Lettuce & Tomato, Apple Slices, Milk Cucumber Slices w/Ranch Dressing, Wheat Things, Water Assorted Crackers, Water	3 Sweet Bread Toast, Banana, Milk Shephard Pie, Mashed Potatoes, **Whole Grain Bread,** Broccoli, Pears, Milk Raisin Bread, Cream Cheese, Apple Juice/ Milk Vanilla Wafers, Water	4 French Toast, Applesauce, Milk **Egg Salad Sandwich on Whole Grain Bread** Lettuce & Tomato, Oranges, Milk Chic N Biskit Crackers, Melon slices, Water Cheese Nips, Water
7 **Multi-Grain Cheerios,** Diced Pears, Milk Fish Patty w/Tartar Sauces, **Brown Rice,** Mixed Veggies, Pineapple Chunks, Milk Ritz, Cheese Slices, Water Saltines Crackers, Water Week 4	8 **Oatmeal**, Mixed Fruit, Milk Corned Beef sandwich on **Whole Grain Bread**, lettuce, tomato, banana, Milk Cottage Cheese. Peaches, Water Goldfish Crackers, Water	9 Rice Chex, Mandarin Oranges, Milk Chicken Strips, **Brown Rice,** Broccoli, Apple Slices, Milk Goldfish Crackers, Pears, Water Vanilla Wafers, Water	10 Waffles, Melon Slices, Milk Meat Loaf, Mashed Potatoes, **Whole Grain Bread,** Mixed Fruit, Milk **Graham Crackers, Yogurt**, Water Cheese Nips, Water	11 Raisin Bread Cream Cheese, Banana, Milk **Ham & Cheese Wrap with Whole Grain Tortilla**, Lettuce, Tomato, Orange slices, Milk Carrot Stick w/Ranch, Wheat Thins, Water Chicken N Biskit Crackers, Water
14 **Kix Cereal,** Mixed Fruit, Milk Chili w/**Brown Rice,** Corn, Orange Slices, Milk **Saltine Crackers,** Applesauce, Water Teddy Graham, Water Week 5	15 Bagels & Cream Cheese, Pineapple Chunks, Milk Chicken Patty Sandwich on **Whole Grain Bun,** Lettuce, Tomato Applesauce, Milk **Graham Crackers,** Peaches, Water Cheese Nips, Water	16 Sausage Patties, Biscuits & Peaches, Milk **Sunbutter & Jelly Sandwich on Whole Grain Bread, Carrot** Sticks, Banana, Milk Taco Chips/Soft Tortilla, Cottage Cheese, Salsa, Water Ritz Crackers, Water	17 **Oatmeal,** Pears, Milk Chicken Nuggets, French Fries, Mixed Fruit, **Whole Grain Bread,** Milk Cheese It, Pineapple, Water **Graham Crackers,** Water	18 **Whole Grain Cinnamon Toast,** Oranges Slices, Milk Spaghetti w/Meat Sauce, Tossed Salad, Melon. Bread Sticks, Milk Goldfish Crackers., Pear Slices, Milk Vanilla Wafer, Water
21 Kix Cereal, Mandarin Oranges, Milk Chicken Nuggets, **Brown Rice**, Corn/Carrots, Pineapple Chunks, Milk Ritz Crackers, Sliced Cheese, Water Graham Crackers, Water Week 1	22 **Whole Grain Cinnamon Toast**, Applesauce, Milk Beef & Macaroni, Broccoli, Oranges Slices, Milk Bagels Cream Cheese, Grape Juice/ Milk Saltine Crackers, Water	23 Biscuit w/Jelly, Banana, Milk **Turkey Sandwich on Whole Grain on Bread,** Lettuce, Tomato, Cantaloupe, Milk Vanilla Yogurt, Peaches, Water Goldfish Crackers, Water	24 English Muffins w/Cheese Pineapple, Milk **Graham Crackers**, Applesauce, Water **CYP Closed At Noon**	25 **Holiday,** **CYP Closed**
28 **Cheerios**, Peaches, Milk Macaroni & Cheese w/Ham, Green Bean, Mixed Fruit, Milk Cottages Cheese, Pineapple, Water **Wheat Thin,** Water Week 2	29 Yogurt & Granola, Banana, Milk Beef/Cheese & Rigatoni, Broccoli, Peaches **Whole Grain Bread,** Milk Saltine Crackers, Melon Slices, Water Ritz Crackers, Water	30 Scrambled Eggs & Cheese, Pears **Whole Grain Tortilla**, Milk Tuna Salad Sandwich on **Whole Grain Bread**, Cheese, Cucumber, Lettuce, Apple Slices, Milk Goldfish Crackers, Mixed Fuit, Water Vanilla Wafers, Water	31 **Oatmeal,** Mandarin Oranges, Milk Taco Salad, Seasoned Beef, Lettuce Tomato, Pineapple, Tortilla Chips, Milk Banana Muffin, Milk Chicken N Biskit Crackers, 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