



**Renu Hope Foundation
Breakfast For (3-5 years old)
March 01-31, 2023**

In accordance with Federal Law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discrimination based on race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, of Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 800-795-3272 or 202-7206382 (TTY). USDA is an equal opportunity employer.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Rice Krispies Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.	2 English muffins ½ serving. Applesauce Cup 4oz. 1% Milk 6oz.	3 Cheerios Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.
6 Corn Flakes Cereal ¾ C. Bananas 4oz. 1% Milk 6oz.	7 Blueberry Muffin ½ Serving. Fruit Cup 4oz. 1% Milk 6oz	8 Cold Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.	9 Waffles ½ Serving. Applesauce Cup 4oz. 1% Milk 6oz.	10 Raising bread ½ serving. Fruit Cup 4oz. 1% Milk 6oz.
13 Rice Chex cereal 1 C. Bananas 4oz. 1% Milk 6oz	14 Mini bagels ½ Serving. Fruit Cup 4oz. 1% Milk 6oz.	15 Rice Krispies Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.	16 English muffins ½ serving. Applesauce Cup 4oz. 1% Milk 6oz.	17 Cheerios Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.
20 Corn Flakes Cereal ¾ C. Bananas 4oz. 1% Milk 6oz.	21 Bran Muffins ½ Serving. Fruit Cup 4oz. 1% Milk 6oz.	22 Cold Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.	23 Pancakes ½ Serving. Applesauce 4oz. 1% Milk 6oz	24 Banana Bread ½ serving. Fruit Cup 4oz 1% Milk 6oz
27 Rice Chex cereal 1 C. Bananas 4oz. 1% Milk 6oz	28 Mini bagels ½ serving. Fruit Cup 4oz. 1% Milk 6oz.	29 Rice Krispies Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.	30 English muffins ½ serving. Applesauce Cup 4oz. 1% Milk 6oz.	31 Cheerios Cereal ¾ C. Fruit Cup 4oz. 1% Milk 6oz.

***Waiver in place for non-congregate meal services, mealtime flexibilities and meal pattern.

***Children are served enriched whole grain and whole wheat products. 100% WHEAT AND GLUTEN FREE CRACKERS, BARS AND BREAD ARE SERVED.

***We serve whole milk for children 1-2 years of age, and 1% milk for children 3-5 years of age.

***Substitutions for dairy products include soy milk, rice milk, soy yogurt and soy butter.

***Healthy Beverage in Child Care Act does not allow licensed childcare centers to serve flavored beverages to children of any age.

Water is available to children daily. **WE ARE A NUT FREE INSTITUTIONS*****



Renu Hope Foundation Lunch For (3-5 years old) March 1-31, 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mac and Cheese 4oz. Steamed Vegetables 2oz. Fresh fruit 2oz. 1% Milk 6oz.	2 Tuna Salad 1.5 oz. Saltine Crackers ½ serving. Steamed Vegetables 2oz. Canned Fruit 2oz. 1% Milk 6oz.	3 Cheese and Turkey Wrap 1.5oz. Tortilla wrap ½ Serving. Fresh veggies 2oz. Fruit Cup 2oz. 1% Milk 6oz.
6 B.B.Q Chicken 1.5oz. Wheat Bread ½ serving. Mashed Potato 2oz. Fresh Fruit 2oz. 1% Milk 6oz.	7 Chicken Patties 1.5oz. Hamburger Bun ½ Serving. Fresh Vegetables 2oz Canned Fruit 2oz. 1% Milk 6oz.	8 Beef Taco 1.5oz. Flour Tortilla ½ Serving. Fresh Vegetables 2oz. Fresh Fruit 2oz. 1% Milk 6oz	9 Chicken salad 1.5 oz. Wheat Crackers ½ serving. Steamed Vegetables 2oz Canned Fruit 2oz. 1% Milk 6oz.	10 Turkey and Cheese Sandwich 1.5oz. Wheat Bread ½ Serving. Fresh Lettuce and tomato 2oz. Fruit Cup 2oz. 1% Milk 6oz.
13 Pepperoni & Cheese Pizza 1ea. Fresh Vegetables 2oz. Fresh Fruit 2oz. 1% Milk 6oz.	14 Chicken Nuggets 1.5 oz. Steamed vegetables 2oz. Fruit cup 2oz. 1% Milk 6oz.	15 Mac and Cheese 4oz. Steamed Vegetables 2oz. Fresh fruit 2oz. 1% Milk 6oz.	16 Tuna Salad 1.5 oz. Saltine Crackers ½ serving. Steamed Vegetables 2oz. Canned Fruit 2oz. 1% Milk 6oz.	17 Cheese and Turkey Wrap 1.5oz. Pita bread ½ Serving. Fresh veggies 2oz. Fruit Cup 2oz. 1% Milk 6oz.
20 Spaghetti & Meatball 1.5 oz. Spaghetti pasta ¼ c. Fresh salad 2oz. Fresh Fruit 2oz. 1% Milk 6oz.	21 Beef patties 1.5 oz. Hamburger Bun ½ serving. Fresh Vegetables 2oz Fresh fruit 2oz. 1% Milk 6oz.	22 Chicken Alfredo 1.5 oz. Fettuccine pasta ¼ c. Fresh Vegetables 2oz. Fresh fruit 2oz. 1% Milk 6 oz.	23 Chicken salad 1.5 oz. Wheat Crackers ½ serving. Steamed Vegetables 2oz Canned Fruit 2oz. 1% Milk 6oz.	24 Turkey and Cheese Sandwich 1.5oz. Wheat Bread ½ Serving. Fresh Lettuce and tomato 2oz. Fruit Cup 2oz. 1% Milk 6oz.
27 Rice and Beef Goulash 1.5 oz Brown Rice ¼ c. Steamed Vegetables 2 oz. Fresh Fruit 2oz. 1% Milk 6oz.	28 Mac and cheese 1ea. Steamed Vegetables 2oz. Canned Fruit 2oz. 1% Milk 6oz	29 Chicken Nuggets 1.5oz. Fresh Vegetables 2oz. Fresh Fruit 2oz. 1% Milk 6oz.	30 Tuna noodle casserole 1.5 oz Elbow pasta ¼ c. Steamed vegetables 2oz. Canned fruit 2oz. 1% Milk 6oz.	31 Cheese and Turkey Wrap 1.5oz. Tortilla wrap ½ Serving. Fresh veggies 2oz. Fruit Cup 2oz. 1% Milk 6oz.

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Renu Hope Foundation Snack For (3-5 years old) March 1-31, 2023

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Soft spread cheese ½ oz. Naan Bread ½ serving. 100% Fruit Juice 4oz.	Vanilla Crackers ½ serving. Yogurt 2oz. Water	Lorna Doone crackers ½ serving. 1% Milk 4oz.
6	7	8	9	10
Cheez it Crackers ½ Serving. 100 % Fruit Juice 4oz.	Vanilla Pudding 2oz. Nilla wafers ½ serving. Water	Cheese stick ½ oz. Club Crackers ½ Serving. 100% Fruit Juice 4oz.	Graham Crackers ½ Serving. Yogurt 2oz. Water	Strawberry Nutri Grain ½ Serving. 1% Milk 4oz.
13	14	15	16	17
Fig Newton ½ serving. 1% Milk 4oz.	Wheat thins crackers ½ Serving. Fruit Cup 4oz. Water	Babybel Semisoft Cheese 1oz Saltine crackers ½ serving. 100% Fruit Juice 4oz.	Vanilla Crackers ½ Serving. Yogurt 2oz. Water.	Lorna Doone Crackers ½ serving, 1% Milk 4oz.
20	21	22	23	24
Ritz Bits Crackers ½ Serving. 100 % Fruit Juice 4oz.	Chocolate pudding 2oz. Nilla wafers ½ serving. Water	Soft spread cheese ½ oz. Naan Bread ½ serving. 100% Fruit Juice 4oz.	Graham crackers ½ Serving. Yogurt 2oz. Water	Apple Nutri grain bar ½ Serving. 1% Milk 4oz.
27	28	29	30	31
Fig Newton ½ serving. 1% Milk 4oz	Wheat crackers ½ Serving. Fruit Cup 4oz. Water	Cheese stick ½ oz. Club Crackers ½ Serving. 100% Fruit Juice 4oz.	Vanilla Crackers ½ serving. Yogurt 2 oz. Water	Lorna Doone Crackers ½ serving, 1% Milk 4oz.

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