



**Renu Hope Foundation
Breakfast For (3-5 years old)
October 02-31, 2023**

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children ages 1-2 years of age are served whole milk. Children 3-5 years of age are served 1% milk. Dairy Substitutions: Soy milk, soy yogurt and soy butter
 NOTE: 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 throughout the day. We are a nut free institution.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Rice Chex cereal 1 C. Fresh Bananas 4oz. 1% Milk 6oz.	3 Mini bagels ½ Serving. Mandarin orange 4oz. 1% Milk 6oz.	4 Cold Cereal ¾ C. Fresh Banana 4oz. 1% Milk 6oz.	5 English muffins ½ serving. Applesauce Cup 4oz. 1% Milk 6oz.	6 Raising bread ½ serving. Diced Peach 4oz. 1% Milk 6oz.
9 Corn Flakes Cereal ¾ C. Fresh Bananas 4oz. 1% Milk 6oz.	10 Blueberry bread ½ Serving. Mandarin Orange 4oz. 1% Milk 6oz.	11 Cheerios Cereal ¾ C. Fresh Banana 4oz. 1% Milk 6oz	12 Banana Bread ½ Serving. Applesauce 4oz. 1% Milk 6oz.	13 French toast ½ serving. Diced Pears 4oz. 1% Milk 6oz.
16 Rice Chex cereal 1 C. Fresh Bananas 4oz. 1% Milk 6oz.	17 Mini bagels ½ serving. Mandarin Orange 4oz. 1% Milk 6oz.	18 Cold Cereal ¾ C. Fresh Banana 4oz. 1% Milk 6oz.	19 English muffins ½ serving. Applesauce Cup 4oz. 1% Milk 6oz	20 Banana Bread ½ serving Diced Peach 4oz. 1% Milk 6oz.
23 Corn Flakes Cereal ¾ C. Fresh Bananas 4oz. 1% Milk 6oz.	24 Blueberry bread ½ Serving. Mandarin Orange 4oz. 1% Milk 6oz.	25 Cheerios Cereal ¾ c. Fresh Banana 4oz. 1% Milk 6 oz.	26 Waffles ½ Serving. Applesauce Cup 4oz. 1% Milk 6oz.	27 French toast ½ serving. Diced Pears 4oz. 1% Milk 6oz.
30 Rice Chex cereal 1 C. Fresh Bananas 4oz. 1% Milk 6oz	31 Mini bagels ½ serving. Mandarin Orange 4oz. 1% Milk 6oz			

In accordance with Federal Law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identify and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English, Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state of local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Compliant Form which can be obtained online at: <https://www.usda.gov/sites/default/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of all alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C 20250-9410; or
2. Fax: (833) 256-1665 or 202-690-7442; or
3. Email: program.intake@usda.gov

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Renu Hope Foundation

Lunch For (3-5 years old)

October 02-31, 2023

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meatball 1.5 oz. Spaghetti pasta ¼ c. Fresh salad 2oz. Canned mixed fruit 2oz. 1% Milk 6oz.	3 Beef patties 1.5 oz. Hamburger Bun ½ serving. Lettuce- Tomato 2oz Fresh watermelon 2oz. 1% Milk 6oz.	4 Chicken Nuggets 1.5oz. Breeding ½ serving. Steamed Green Beans 2oz. Fresh Apples 2oz. 1% Milk 6oz.	5 Tuna salad 1ea. Saltine crackers ½ serving. 5 way Mix vegetables 2oz. Fresh cantaloupe 2oz. 1% Milk 6oz.	6 Cheese Quesadilla 1.5 oz Flour tortilla ½ Serving. Refried Beans 2oz. Canned Pineapple 2oz. 1% Milk 6oz
9 Chicken Alfredo 1.5 oz. Fetuccini pasta ¼ c. Steamed Broccoli 2oz. Canned mixed fruit 2oz. 1% Milk 6oz	10 Bean and cheese taco 1.5oz. Flour tortillas ½ serving. Lettuce- Tomato 2oz. Fresh Oranges 2oz. 1% Milk 6oz	11 Mac & Cheese sauce 3 oz. Elbow Pasta ¼ c. Steamed Cal-blend 2oz. Fresh Pears 2oz. 1% Milk 6oz.	12 Turkey-ch sandwich 1.5oz WGR. Bread ½ serving. Lettuce- Tomato 2oz. Fresh Honeydew 2oz. 1% Milk 6oz.	13 Fish Sticks 1.5oz. Breeding ½ serving. Sweet potato fries 2oz. Fresh Pineapple 2oz. 1% Milk 6oz
16 Teriyaki Chicken 1.5oz. Steamed Brown rice ½ serving. Steamed Asian blend 2oz. Canned Mixed fruit 2oz. 1% Milk 6oz.	17 Beef- vegetable Stew 1.5 oz Carrot-potato-celery 2oz Corn bread ½ serving. Fresh watermelon 2oz. 1% Milk 6oz.	18 Pepperoni pizza 1 ea. Fresh Salad 2oz. Fresh Apples 2oz. 1% Milk 6oz	19 Cheese- Turkey Wrap 1.5oz. Pita bread ½ Serving. Cucumber-Tomato 2oz. Fresh Cantaloupe 2oz. 1% Milk 6oz	20 Cheese Quesadilla 1.5 oz Flour tortilla ½ Serving. Refried Beans 2oz. Canned Pineapple 2oz. 1% Milk 6oz
23 Beef and cheese taco 1.5 oz. Flour tortillas ½ serving. Fresh Lettuce & tomato 2oz. Canned Mixed Fruit 2oz. 1% Milk 6oz.	24 Cheese sandwich 1.5 oz Wheat Bread ½ serving. Tomato soup 4oz. Fresh Banana 2oz 1% Milk 6oz.	25 Mac & Cheese sauce 3 oz. Elbow Pasta ¼ c. Steamed Corn 2oz. Fresh Pears 2oz. 1% Milk 6oz.	26 Turkey- cheese sandwich 1.5 oz. Wheat Bread ½ serving. Coley-carrot sticks 2oz Fresh Honeydew 2oz. 1% Milk 6oz	27 Chicken Nuggets 1.5 oz. Steamed corn 2oz. Fresh Pineapple 2oz. 1% Milk 6oz.
30 B.B.Q. Chicken 1.5 oz. Dinner rolls ½ serving. Mashed potato 2oz. Canned Mixed Fruit 2oz. 1% Milk 6oz.	31 Beef macarroni 1.5 oz WGR.Elbow pasta ¼ c. Steamed Green Beans 2 oz. Fresh Orange 2oz. 1% Milk 6oz			

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**Renu Hope Foundation
Snack For (3-5 years old)
October 02-29, 2023**

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Goldfish Crackers ½ Serving. 100 % Fruit Juice 4oz.	3 Cheese stick 1ea. Ritz Crackers ½ Serving. Tropical fruit 4oz	4 Carrot sticks 4oz. saltine crackers ½ serving. Ranch dressing 1oz	5 Fresh fruit Yogurt 2oz. Animal Crackers ½ Serving. Water.	6 Strawberry Nutri G ½ Serving. 1% Milk 4oz.
9 Cheez it Crackers ½ Serving. 100 % Fruit Juice 4oz.	10 Babybel Semisoft cheese 1ea Bread sticks ½ Serving. Tropical fruit 4oz.	11 Celery sticks 4oz Soy butter 1oz. Water.	12 Fruit Yogurt 2oz. Graham crackers ½ Serving. Water.	13 Cottage cheese 2oz. Diced peach 4oz. Water.
16 Goldfish Crackers ½ Serving. 100 % Fruit Juice 4oz.	17 Cheese stick 1ea. Saltine Crackers ½ Serving. Tropical fruit 4oz.	18 Broccoli-cauliflower florets 4oz Cottage cheese Ranch 2oz. Water.	19 Fresh Fruit Yogurt 2oz. Animal Crackers ½ Serving. Water.	20 Fig Newtons Bar ½ serving. 1% Milk 4oz.
23 Cheez it Crackers ½ Serving. 100 % Fruit Juice 4oz.	24 Soft spread cheese 1ea. Bread sticks ½ Serving. Tropical fruit 4oz.	25 Hummus 2oz. Naan Bread ½ serving. Fresh veggies 4oz	26 Fruit Yogurt 2oz. Graham Crackers ½ Serving. Water.	27 Cottage cheese 2oz. Diced peach 4oz. Water.
30 Goldfish Crackers ½ Serving. 100 % Fruit Juice 4oz.	31 Babybel Semisoft cheese 1ea. Bread sticks ½ Serving. Tropical fruit 4oz.			

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