



**Renu Hope Foundation  
Breakfast For (6-12 years old)  
August 01-30, 2024**

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.  
 Dairy: Children 6-12 years of age are served 1% milk or Nonfat (skim) Milk, Dairy  
 Substitutions: Nonfat Lactaid free milk, 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
			<b>1</b>	<b>2</b>
			Waffles ½ Serving. Applesauce 4oz. 1% Milk 6oz.	English muffins ½ serving. Diced Pears 4oz. 1% Milk 6oz.
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Rice Chex Cereal 1 C. Fresh Bananas 4oz. 1% Milk 8oz	Mini bagels 1Serving. Mandarin Orange 4oz. 1% Milk 8oz.	Cheerios Cereal 1C. Tropical fruit 4oz. 1% Milk 8 oz.	French toast 1 Serving. Applesauce 4oz. 1% Milk 8oz.	Banana Bread ½ Serving. Diced Peach 4oz. 1% Milk 6oz
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Rice Krispies Cereal 1C. Fresh Bananas 4oz. 1% Milk 8oz.	Blueberry Muffins 1Serving. Mandarin Orange 4oz. 1% Milk 8oz.	Corn Flakes Cereal 1 C. Tropical fruit 4oz. 1% Milk 8oz.	Pancakes 1Serving. Applesauce 4oz. 1% Milk 8oz.	Raisins bread ½ Serving. Diced Pears 4oz. 1% Milk 6oz.
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Rice Chex cereal 1 C. Fresh Bananas 4oz. 1% Milk 8oz.	Mini bagels 1 Serving. Mandarin Orange 4oz. 1% Milk 8oz.	Cheerios Cereal 1 C. Tropical fruit 4oz. 1% Milk 8oz.	Waffles 1Serving. Applesauce 4oz. 1% Milk 8oz.	English muffins ½ serving. Diced Pears 4oz. 1% Milk 6oz.
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Rice Krispies Cereal 1 C. Fresh Bananas 4oz. 1% Milk 8oz.	Variety Muffins 1Serving. Diced Pears 4oz. 1% Milk 8oz.	Corn Flakes Cereal 1C. Tropical fruit 4oz. 1% Milk 8oz.	French toast 1 Serving. Applesauce 4oz. 1% Milk 8oz.	Banana Bread ½ Serving. Diced Peach 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 Englis, 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](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](mailto:program.intake@usda.gov)

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# Renu Hope Foundation

## Lunch For (6-12 years old)

### August 01-30, 2024

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.  
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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Cheese Ravioli 2 oz. Pasta Ravioli ½ C. Steamed Capri-blend 4 oz. Fresh Honeydew 2 oz. 1% Milk 8 oz	<b>2</b> Fish or Chicken Strips 2 oz. Breeding 1 Serving. Cole slaw 4 oz. Fresh Pineapple 2 oz. 1% Milk 8 oz.
<b>5</b> Terriyaki Chicken 2 oz. Steamed Bown Rice ½ C. Asian blend Vegetables 4oz. Watermelon 2 oz. 1% Milk 8 oz.	<b>6</b> Taco Salad 2oz. Fiesta chips 1 Serving. Fresh Lettuce & tomato 4 oz. Fresh Apples slices 2 oz. 1% Milk 8 oz.	<b>7</b> Pizza 1ea. String cheese 1oz. Fresh carrots w/Ranch 4 oz Fresh Mix Berries 2 oz. 1% Milk 8 oz.	<b>8</b> Turkey-Cheese Wrap 2 oz. Spinach wrap 1 Serving. Cucumber-Tomato salad 2 oz. Fresh Cantaloupe 2 oz. 1% Milk 8oz.	<b>9</b> Cheese Mac 1.5C. Elbow pasta ½ C. Steamed Mix vegetables 4 oz. Fresh Diced Mango 2oz. 1% Milk 8oz.
<b>12</b> B.B.Q Chicken 2 oz. Wheat Bread 1 Serving. Mashed Potato 4 oz. Diced Mango 2 oz. 1% Milk 8 oz	<b>13</b> Turkey-Spanish Rice bowl 1.5 C. Brown Rice ½ C. Celery-Corn 4 oz. Fresh Orange Slices 2 oz. 1% Milk 8 oz	<b>14</b> Beef Lasaña 6 oz. Lasaña Pasta ½ C. Tosed Salad w/dressing 4oz. Mixed Berries 2 oz. 1% Milk 8 oz.	<b>15</b> Greek Gyro Pita Pocket 2 oz. Wgr. Pita Pocket 1 Serving. Fresh Mix Vegetables/D 4 oz. Fresh Honeydew 2 oz 1% Milk 8 oz.	<b>16</b> Chicken Alfredo 1.5 Cup. Wgr. Fettuccine Pasta ½ C. Steamed Cal-blend 4 oz. Pineapple Tidbits 2 oz. 1% Milk 8 oz.
<b>19</b> Chicken Stir Fry 2 oz. Steamed Rice ½ C. Stir fry vegetables 4 oz. Watermelon 2 oz. 1% Milk 8 oz.	<b>20</b> Beefy mac 1.5 Cup. Wheat Pasta ½ C. Steamed Green Beans 4oz. Fresh Apple slices 2 oz. 1% Milk 8 oz.	<b>21</b> Chicken Pattie 2 oz. Hamburger Buns 1 oz. Lettuce and Tomato 4oz. Fresh Mix Berries 2 oz. 1% Milk 8 oz.	<b>22</b> Tuna or Chicken salad 1.5 C. Wgr. Bread Sliced 1oz. Steamed Green Beans 4 oz. Fresh Honeydew 2 oz. 1% Milk 8 oz.	<b>23</b> Chicken-enchilada casserole 1.5c. Corn tortilla 1 Serving. Fiesta Corn 4 oz. Fresh Diced Mango 2 oz. 1% Milk 8 oz.
<b>26</b> Chicken chow Mein 1.5 C. Pasta noodles ½ C. Vegetable egg rolls 4 oz. Pineapple Tidbits 2 oz. 1% Milk 8 oz.	<b>27</b> Beef patties & Cheese 2 oz. Hamburger Bun 1 Serving. Sweet potato fries 4 oz. Fresh mixed fruit 2 oz. 1% Milk 8 oz.	<b>28</b> Chicken Fajitas 2 oz. Flour tortillas 1 serving. Refried Beans 4 oz Mix Berries 2 oz. 1% Milk 8 oz.	<b>29</b> Turkey- cheese Subway 2oz. Wgr. Subway rolls 1 Serving. Lettuce-Tomato 4 oz. Fresh Cantaloupe 2 oz. 1% Milk 8 oz	<b>30</b> Spaghetti & Meatball 2 oz. Wgr. Spaghetti pasta ½ C. Fresh salad w/dressing 4oz. Watermelon 2 oz. 1% Milk 8 oz.

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## Snack For (6-12 years old)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			Fresh Fruit Yogurt 4oz. Vanilla wafers 1oz.	Fig Newtons Bar 1oz. 1% Milk 8oz.
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Cottage cheese 1oz. Diced Peach 6oz. Water.	Babybel Semisoft Ch. 1oz. Breadstick 1 oz. 100% Fruit Juice 6oz.	Fresh Fruit 6oz. Soft Bread sticks 1 oz. Water.	Fruit Yogurt 4oz. Animal Crackers 1oz.	Apple Nutri Grain Bar 1 oz. 1% Milk 8oz.
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Cheez it Crackers 1oz. 100 % Fruit Juice 6oz.	Soft Spread cheese 1oz. Naan Bread 1 oz. Tropical fruit 6oz.	Fresh Mix Veggies 6oz Saltine Crackers 1oz. Cottage Ranch dressing 1oz. Water.	Fresh Fruit Yogurt 4oz. Graham Crackers 1oz.	Fig Newtons Bar 1 oz. 1% Milk 8oz.
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Cottage cheese 4oz. Diced Peach 6oz. Water.	String Cheese 1oz. Saltine Crackers 1oz. 100% Fruit Juice 6oz.	Celery sticks 6oz Soy Butter 1oz. Water.	Fresh Fruit Yogurt 4oz. Vanilla wafers 1oz.	Strawberry Nutri G 1 oz. 1% Milk 8oz.
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Goldfish Crackers 1oz. 100 % Fruit Juice 6oz.	Babybel Semisoft Ch.1oz. Naan Bread 1oz. Tropical Fruit 6oz.	Fresh Fruit 6oz. Soft Bread sticks 1oz. Water.	Fresh Fruit Yogurt 4oz. Animal Crackers 1oz.	Nutri Grain Bar 1 oz. 1% Milk 8oz.

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