



# Renu Hope Foundation

## Breakfast For (6-12) yrs

### July 01-31, 2026

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. Non-Dairy and  
 Plant Based Cheese.  
 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>	<b>3</b>
		Whole Grain Cheerios 1 C Fresh Cantaloupe 4 oz. 1% Milk 8 oz.	Egg Patty 1 oz. Pita Pocket 4 oz. Mixed Fruit 4 oz. 1% Milk 8 oz.	<b>NO SCHOOL</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Bran Bread 1 oz. Tropical Fruit 4 oz. 1% Milk 8 oz.	W. Wheat English Muffins 1 oz. Diced Pears 4 oz. 1% Milk 8 oz.	W. Wheat French Toast 1 oz. Applesauce 4 oz. 1% Milk 8 oz.	Egg Bites 1 oz. Whole Wheat Toast 1 oz. Mixed Fruit 4 oz. 1% Milk 8 oz.	Zucchini Bread 1 oz. Fresh Bananas 4 oz. 1% Milk 8 oz.
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Applesauce Bread 1 oz. Diced Pears 4 oz. 1% Milk 8 oz.	Whole Grain Waffles 1 oz. Mandarin Oranges 4 oz. 1% Milk 8 oz.	Carrot Bread 1 oz Tropical fruit 4 oz. 1% Milk 8 oz.	Hard Boiled Eggs 1 oz. Whole Wheat Toast 1 oz. Diced Peaches 4 oz 1% Milk 8 oz.	Whole Grain Cheerios 1 C Fresh Bananas 4 oz. 1% Milk 8 oz.
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Yogurt & Granola 2 oz. Whole Grain Granola 1 oz. Fresh Bananas 4 oz. 1% Milk 8 oz.	Whole Wheat English Muffins 1 oz. Tropical Fruit 4 oz. 1% Milk 8 oz.	Pumpkin Bread 1 oz. Fresh Pineapple 4 oz. 1% Milk 8 oz.	Turkey Sausage 1 oz. Biscuit 1 oz. Diced Pears 4 oz. 1% Milk 8 oz.	W. Wheat French Toast 1 oz. Applesauce 4 oz. 1% Milk 8 oz.
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Zucchini Bread 1 oz. Fresh Oranges 4 oz. 1% Milk 8 oz.	Bran Bread 1 oz. Fresh Bananas 4 oz. 1% Milk 8 oz.	Whole Grain Waffles 1 oz. Mandarin Oranges 4 oz. 1% Milk 8 oz.	Egg Patty 1 oz. Pita Pocket 4 oz. Mixed Fruit 4 oz. 1% Milk 8 oz.	Yogurt & Granola 2 oz. Whole Grain Granola 1 oz. Diced Peaches 4 oz. 1% Milk 8 oz.

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, audiotope, 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](mailto:program.intake@usda.gov)

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## Lunch For (6-12) yrs.

### July 01-31, 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> W. W. Chicken Nuggets 2 oz. Wheat Bread 1 oz. Broccoli Salad 4 oz. Diced Pears 2 oz. 1% Milk 8 oz.	<b>2</b> Cheese Quesadilla 2 oz. Wheat Tortilla 1 oz. Black Beans 4 oz. Cal Blend Vegetables 4 oz. Fresh Apple Slices 2 oz. 1% Milk 8 oz.	<b>3</b>  <b>NO SCHOOL</b>
<b>6</b> Ground Beef & Cheese Taco 2 oz. Whole Wheat Tortilla 1 oz. Fresh Pico De Gallo 4 oz. Fresh Mango 2 oz. 1% Milk 8 oz.	<b>7</b> Vegetarian Cheeseburger 2 oz. Wheat Burger Bun 1 oz. Fresh Lettuce and Tomato 4 oz. Pineapple Tidbits 2 oz. 1% Milk 8 oz.	<b>8</b> Turkey & Cheese Sandwich 2 oz. Whole Wheat Bread 1 oz. Cal-Blend Vegetables 4 oz. Fresh Cantaloupe 2 oz. 1% Milk 8 oz.	<b>9</b> Mac and Cheese 6 oz. Whole Wheat Pasta 1 oz. Steamed Broccoli 4 oz. Tropical Fruit 2 oz. 1% Milk 8 oz.	<b>10</b> Chicken/Tuna Sandwich 2 oz. Whole Wheat Bread 1 oz. Mixed Vegetables 4 oz. Applesauce 2 oz. 1% Milk 8 oz.
<b>13</b> Teriyaki Chicken 2 oz. Brown Rice 1 oz. Oriental Blend Vegetables 4 oz. Fresh Honeydew Melon 2 oz. 1% Milk 8 oz.	<b>14</b> Chicken Salad 2 oz. Wheat Crackers 1 oz. Mixed Vegetables 4 oz. Fruit Cocktail 2 oz. 1% Milk 8 oz.	<b>15</b> Turkey & Cheese Wrap 2 oz. Spinach Tortilla 1 oz. Fresh Lettuce & Cucumber 4 oz. Diced Peaches 2 oz. 1% Milk 8 oz.	<b>16</b> Brown Rice/Black Beans Bowl 5 oz. Fresh Pico de Gallo 4 oz. Shredded Cheese 2 oz. Mandarin Oranges 2 oz. 1% Milk 8 oz.	<b>17</b> Fish Taco 2 oz. Whole Wheat Tortilla 1 oz. Coleslaw Salad 4 oz. Fresh Mix Fruit 2 oz. 1% Milk 8 oz.
<b>20</b> Ground Beef & Cheese Taco 2 oz. Whole Wheat Tortilla 1 oz. Fresh Pico De Gallo 4 oz. Fresh Watermelon 2 oz. 1% Milk 8 oz.	<b>21</b> Turkey & Cheese Sandwich 2 oz. Wheat Bread 1 oz. Fresh Lettuce & Tomato 4 oz. Diced Pears 2 oz. 1% Milk 8 oz.	<b>22</b> Ground Beef Meatloaf 2 oz. Wheat Dinner Roll 1 oz. Mixed Vegetables 4 oz. Fresh Oranges 2 oz. 1% Milk 8 oz.	<b>23</b> Vegetarian Cheeseburger 2 oz. Wheat Burger Bun 1 oz. Fresh Lettuce & Tomato 4 oz. Fresh Mango 2 oz. 1% Milk 8 oz.	<b>24</b> Fish Sticks 2 oz. Steamed Carrots 4 oz. Quinoa 1 oz. Fresh Bananas 2 oz. 1% Milk 8 oz.
<b>27</b> Chicken Lo Mein 2 oz. Lo Mein Noodles 1 oz. Oriental Blend Vegetables 4 oz. Fresh Cantaloupe 2 oz. 1% Milk 8 oz.	<b>28</b> Whole Wheat Pasta with Tomato Marinara Sauce 2 oz. Turkey Meatballs 2 oz. Steamed Zucchini 4 oz. Diced Peaches 2 oz. 1% Milk 8 oz.	<b>29</b> Turkey and Cheese Sandwich 2 oz. Whole Wheat Bread 1 oz. Cal Blend Vegetables 4 oz. Fresh Honeydew Melon 2 oz. 1% Milk 8 oz.	<b>30</b> Cheese Quesadilla 2 oz. Wheat Tortilla 1 oz. Black Beans 4 oz. Fresh Pico de Gallo 4 oz. Fresh Apple Slices 2 oz. 1% Milk 8 oz.	<b>31</b> Chicken/Tuna Sandwich 2 oz. Whole Wheat Bread 1 oz. Mixed Vegetables 4 oz. Mandarin Oranges 2 oz. 1% Milk 8 oz.

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## Snack For (6-12) yrs

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		Whole Grain Cheez-its Crackers 1oz. String Cheese 1 oz. Water	Mixed Fresh Fruit 6 oz. Wheat Bread Cheese Sandwich 1 oz. Water	<b>NO SCHOOL</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Fig Newtons 1 oz. 1% Milk 8 oz.	Wheat Thins 1 oz. Steamed Celery and Carrot Sticks 6 oz. Water	Pita Pocket 1 oz. Apple Slices 6 oz. Water	Naan Bread 1 oz. Mandarin Oranges 6 oz. Water	Whole Grain Pretzel Goldfish 1 oz. String Cheese 1 oz. Water
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Pita Pocket 1 oz. Apple Slices 6 oz. Water	Broccoli Salad 6 oz. Wheat Roll 1 oz. Water	Fruit Yogurt 6 oz. Whole Grain Granola 1 oz. Water	Graham Crackers 1 oz. 1% Milk 8 oz.	Fig Newtons 1 oz. 1% Milk 8 oz.
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Blueberry Muffin 1 oz. 1% Milk 8 oz.	Naan Bread 1oz. 100% Juice 6 oz.	Mixed Fresh Fruit 6 oz. Wheat Bread Cheese Sandwich 1 oz. Water	Wheat Thins 1 oz. Steamed Celery and Carrot Sticks 6 oz. Water	Triscuits 1 oz. String Cheese 1 oz. Water
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Fresh Cucumber Sticks 6 oz. Cottage Cheese Ranch 1 oz. Goldfish Crackers 1 oz. Water	Fruit Yogurt 6 oz. Whole Grain Granola 1 oz. Water	Nutri Grain Bar 1oz 1% Milk 8 oz.	Naan Bread 1 oz. 100% Fruit Juice	Broccoli Salad 6 oz. Wheat Roll 1 oz. Water

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