



Renu Hope Foundation
Breakfast For (6-12 years old)
October 01-31, 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. 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
	1	2	3	4
	Pancakes 1Serving. Sliced Pears 4oz. 1% Milk 8oz.	English Muffins 1C. Diced Peaches 4oz. 1% Milk 8oz.	Blueberry Bread 1 serving Mandarin Oranges 4oz 1% Milk 8oz.	Yogurt W/granola 6 oz. Fresh Bannas 4oz. 1% Milk 8oz.
7	8	9	10	11
Mini Bagels 1 Serving. Appla Sauce 4oz. 1% Milk 8oz	Bran Muffins 1 Serving. Pineapple Tibbits 4oz. 1% Milk 8oz.	Rice Krispies 1C. Tropical fruit 4oz. 1% Milk 8 oz.	French Toast 1 Serving. Applesauce 4oz. 1% Milk 8oz.	Banana muffin 1Serving. Diced Peach 4oz. 1% Milk 8oz
14	15	16	17	18
Waffles 1 Serving Fresh Bananas 4oz. 1% Milk 8oz.	Apple Bread 1Serving. Mandarin Orange 4oz. 1% Milk 8oz.	Freach Toast 1 Serving. Tropical fruit 4oz. 1% Milk 8oz.	Corn Flakes 1 C. Fresh Oranges 4 oz. 1% Milk 8oz.	Orange & Raspberry Muffin 1 Serving. Fresh Bananas 4oz. 1% Milk 8oz.
21	22	23	24	25
Raisin Bread 1 Serving Sliced Peaches 4oz. 1% Milk 8oz.	Mini Bagels 1 Serving. Fresh Oranges 4oz. 1% Milk 8oz.	Yogurt w/ granola 6oz Diced Pears 4oz. 1% Milk 8oz.	Carrot Bread 1serving. Applesauce 4oz. 1% Milk 8oz	Banana Bread 1 Serving. Diced Peach 4oz. 1% Milk 8oz
28	29	30	31	
Corn Muffin 1 Serving. Fresh Bananas 4oz. 1% Milk 8oz.	Pancakes 1 Serving Tropical Fruit 4oz 1% Milk8oz	Rice Chex Cereal 1C Mandarin Oranges 4oz 1% Milk 8oz	Pumpkin Bread 1 Serv Sliced Peaches 4oz 1% Milk	

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

This institution is an equal opportunity provider.



Renu Hope Foundation

Lunch For (6-12 years old)

October 1-30, 2024.

Bread and Crackers: Enriched whole grain, whole wheat and gluten free products served.
 Dairy: Children 2-5 years of age are served 1% milk. Dairy Substitutions: Nonfat (skim) Milk, Nonfat lactaid free milk, Soy milk, soy yogurt and soy butter. Non-Dairy and Plant Based Cheese, Meats...

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Black beans and rice bowl 4oz Brown Rice ¾ serv Flour tortilla ½ Serving. Fresh Orange Slices 2oz 1 % Milk 8 oz.	2 Turkey Noodle Casserole 2 oz Wheat Spaghetti Pasta ¾ serv Broccoli Florets 4 oz. Fresh Apples 2 oz. 1% Milk 8 oz	3 Mac and Cheese 2 oz. Whole grain pasta ¾ serv Cal Blend Vegetables 4 oz. Tropical Fruit 2 oz 1 % Milk 8 oz.	4 Turkey and Cheese Sub 2 oz. Whole Grain Sub Roll ¾ Serving. Lettuce and Tomatoes 4 oz. Watermelon 2 oz. 1 % Milk 8 oz.
7 Chicken Noodle Soup 2 oz. Whole Grain Pasta ½ Serving. Mixed Vegetables 4 oz. Fresh Mixed Berries 2 oz. 1% Milk 8 oz	8 Greek Gyro Pita Pocket Ground beef 2 oz Whole Grain Pita Pocket ¾ serv Fresh Mixed Vegetables 4 oz Fresh Cantaloupe 2 oz 1% Milk 8 oz.	9 Vegetable Chili. Kidney Red Beans 4 oz Whole wheat bread ½ serv Diced Tomatoes/Celery 2oz. Fresh Pineapple 2 oz. 1 % Milk 8 oz	10 Fish or Chicken Strips 2 oz. Breading ½ Serving. Fresh Salad 4 oz. Fresh Orange Slices 2 oz 1 % Milk 8 oz.	11 Taco Salad Ground Beef 2 oz Fiesta Chips 3 oz. Pico de Gallo 4 oz. Fresh Apple 2 oz. 1% Milk 8oz.
14 Chicken Wrap 2 oz. Whole Grain Tortilla ¾ serv Cucumbers and Tomatoes 4 oz. Fresh Diced Mango 2 oz. 1% Milk 8 oz.	15 Chicken or Tuna Casserole 2 oz. Whole Grain Pasta ¾ Serving. Green Beans 4 oz. Fresh Berries 2 oz. 1 % Milk 8 oz.	16 Tomato Basil Soup 1 C W. wheat Bread w/Ch 1whole Fresh Watermelon 2 oz. 1% Milk 8 oz.	17 Turkey and Cheese Sub 2 oz. Whole Grain Sub rolls ¾ serv Lettuce-Tomato 4 oz. Fresh Apple 2 oz. 1 % Milk 8 oz	18 Spaghetti and Meatballs 2 oz. Whole Grain Pasta ¾ serv. Steamed Cal-blend 4 oz. Fresh Orange Slices 2 oz. 1 % Milk 8 oz.
21 Teriyaki Chicken 2 oz. Brown Rice ¾ serving. Asian Blend Vegetables 4 oz. Fresh Melon 2 oz. 1% Milk 8 oz.	22 Chili Mac 2 oz. Whole Grain Pasta ¾ serv Peas and Carrots 4 oz. Diced Peaches 2 oz 1 % Milk 8 oz	23 Vegetarian Lasagna 6 oz. Whole Wheat pasta ¾ Serving. Mixed Vegetables 4 oz. Fresh Apple Slices 2 oz. 1% Milk 8 oz.	24 Bean and Cheese Burrito 1oz. Flour Tortilla ¾ serving. Pinto Beans 4 oz. Fresh Berries 2 oz. 1 % Milk 8 oz.	25 Albondigas Soup 2 oz. Whole Wheat Bread ¾ slice 4way Mix Vegetables 4 oz. Fresh Pineapple 2 oz. 1 % Milk 4 oz.
28 Cheese Quesadilla 2 oz Flour Tortilla ¾ slice Refried Beans 4 oz. Fresh Orange Slices 2 oz. 1 % Milk 8 oz.	29 Asian Chicken or Tuna Burger 2oz Whole Wheat Bread- 1 Whole Lettuce and Cucumbers 4 oz. Fresh Apple Slices 2 oz. 1% Milk 8 oz.	30 Chicken Enchilada Casserole 2oz. Corn Tortilla ¾ serv Fiesta Corn 4 oz. Fresh Watermelon 2 oz. 1 % Milk 8 oz.	31 Turkey & Ch Wrap 2 oz. Tomato Basil Tortilla ¾ serv Shred Lettuce and Tomatoes 4oz Tropical Fruits 2 oz. 1% Milk 8 oz.	

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Renu Hope Foundation
Snack For (6-12) years old)
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Babybel Semisoft Ch. 1oz. Breadstick 1 oz. 100% Fruit Juice 6oz	Rice Cakes 1 serving Fresh Fruit 6 oz. Water	Carrots/Celery 6oz. Ranch Dip 1 oz. Water	Corn Muffin 1 Serving. Milk 8oz.
7	8	9	10	11
Cottage cheese 2oz. Diced peach 6oz. Water.	Soft spread cheese 1 oz. Naan Bread 1 Serving. 100% Fruit Juice 6oz.	Jicama Sticks 6oz Saltine Crackers 1 oz. Cottage Ranch dressing 1 oz.	Fruit Yogurt 4oz. Animal Crackers 1 oz. Water	Wheat Thins 1 Serving String Cheese 1 oz Water
14	15	16	17	18
Fresh Broccoli & Cauliflower Florets 6 oz. Sun Butter Dip 1 oz	Hummus 1 oz. Pita Pocket 1 Serving 100% Fruit Juice 6oz.	Fresh Apples 6oz Soy butter 1oz. Water	Nutrigrain Bar 1 Serving. Milk 8 oz.	Fresh Cucumbers 6 oz Oatmeal Cake 1 Serving. Water
21	22	23	24	25
Blueberry Bread 1 Serving. Milk 8oz.	String Cheese 1 oz. Naan Bread 1 Serving. Tropical fruit 6oz.	Fresh Fruit 6oz. Soft Bread sticks 1 Serving Water.	Cottage Cheese 2oz. Fresh Pineapple 6 oz. Water	Goldfish Crackers 1 oz. 100% Fruit Juice 6oz.
28	29	30	31	
Graham Crackers 1 oz. Fruit Yogurt 4oz.	Fig Newtons 1 Serving Diced Peaches 6 oz. Water	Carrot & Celery Sticks 6oz. Cucumber Dip 1 oz Water	Naan Bread 1 Serving Soy Butter 1 oz 100% Fruit Juice 6 oz.	

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