



Renu Hope Foundation
Breakfast-Lunch-Snack (Infants 6-11months)
July 01-31, 2024

Breakfast 6-11 Months; Infant cereal 2-4 Tbsp. Fruit/ Vegetable 1-4 Tbsp.
 Lunch 6-11 Months; Infant Cereal 2-4 Tbsp. Meats - Meat Alternative 1-4 Tbsp. Fruit/Vegetable 1-4 Tbsp
 Snack 6-11 Months; Bread ½ serv. Crackers 2ea., Fruit/ Vegetable 1-4 Tbsp, 100% Fruit Juice 2-4 Fluid oz.
 Formula /Breast Milk; 0-3 Mo. B-L-S, 4-6 Fl oz., 4-7 Mo. 4-8 Fl oz., 8-11 Mo. 6-8 Fl oz. at each Mealtime.
 Note: Individual Feeding Plans for infants in transition to solid food items will be prepared as follows;
 Steamed, Mashed or puree to provide the texture and consistency needed for the infant.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	2 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	3 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	4 HOLIDAY SCHOOL CLOSED	5 Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
8 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	9 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	10 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	11 Breakfast- Fruit Lunch - Veggies, Meats Snack - Yogurt Infant Cereal (Rice or Oatmeal)	12 Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
15 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	16 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	17 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	18 Breakfast- Fruit Lunch - Veggies, Meats Snack - Yogurt Infant Cereal (Rice or Oatmeal)	19 Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
22 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	23 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	24 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	25 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	26 Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
29 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	30 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	31 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)		

Water is Available to Children Daily. We are a Nut Free Institution.

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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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