



**Renu Hope Foundation
Breakfast For (6-12 years old)
November 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. 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 Yogurt W/granola 6 oz. Fresh Bannas 4oz. 1% Milk 8oz.
4 Mini Bagel 1 Serving. Apple Sauce 4oz. 1% Milk 8oz	5 Bran Muffins 1 Serving. Dice Peach 4oz. 1% Milk 8oz.	6 Corn Flakes 1C. Fresh Berries 4oz. 1% Milk 8 oz.	7 French Toast 1 Serving. Mandarin Orange 4oz. 1% Milk 8oz.	8 Zucchini Bread 1Serving. Pineapple Tibbits 4oz. 1% Milk 8oz
11 Raisin Bread 1 Serving Fresh Bananas 4oz. 1% Milk 8oz.	12 Blueberry Muffin 1Serving. Diced Pear 4oz. 1% Milk 8oz.	13 French Toast 1 Serving. Tropical fruit 4oz. 1% Milk 8oz.	14 Yogurt W/Granola 1 C. Fresh Oranges 4 oz. 1% Milk 8oz.	15 Waffles 1 Serving. Fresh Bananas 4oz. 1% Milk 8oz.
18 Orange & Berries Bread 1 Serving Fresh Apple 4oz. 1% Milk 8oz.	19 Cheerios 1C Tropical Fruit 4oz. 1% Milk 8oz.	20 French Toast 6oz Fresh Mango 4oz. 1% Milk 8oz.	21 Pineapple Bread 1serving. Diced Peach 4oz. 1% Milk 8oz	22 Rice Cakes 1 Serving. Fresh Banana 4oz. 1% Milk 8oz
25 Corn Muffin 1 Serving. Mandarin Orange 4oz. 1% Milk 8oz.	26 Banana Bread 1 Serving Fresh Orange 4oz 1% Milk8oz	27 Pancakes 1Serving Diced Pear 4oz 1% Milk 8oz	28 NO SCHOOL	29 NO SCHOOL

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>, 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
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Renu Hope Foundation

Lunch For (6-12) years old

November 1-30, 2024.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Noodle soup 1C Whole Grain pasta 1 Serving. Peas and Carrots 4 oz. Fresh mango 4 oz. 1% Milk 8oz.
4 Beef Chili Mac 2 oz. Whole Grain Pasta 1 Serving Steamed Broccoli 4oz. Fresh Mix Berries 4oz. 1% Milk 8 oz	5 Greek Gyro Pita Pocket Greek Meat 2oz Whole Grain Pita Pocket 1 serv Green Salad 4oz. Fresh Cantaloupe 4oz 1% Milk 8 oz.	6 BBQ Chicken 2 oz. W.W Diner Rolls 1 seving Mashed Potato 4oz Tropical Fruit 4oz. 1% Milk 8oz.	7 Chicken / Fish Strick 2oz. Breading 1 Serving. Cole Slaw Salad 4oz. Fresh Orange Slices 4oz 1% Milk 8oz	8 Mac & Cheese 1 C. Whole Grain Pasta 1 Serving California Blend Vegetables 4oz. Fresh Apple 4oz. 1% Milk 8oz
11 Chicken Alfredo 2oz. Whole Grain Pasta 1 C. Green Beans 4oz. Fresh Diced Mango 4oz. 1% Milk 8oz.	12 Albondigas Soup 1C Whole Wheat Bread 1 Serving. Fresh Mix Vegetables 4oz. Fresh Apples 4oz. 1% Milk 8oz.	13 Chicken Wrap 2oz Spinach Tortilla 1Sirving Lettuce & tomato 4oz Fresh Watermelon 4oz. 1% Milk 8oz.	14 Turkey and Cheese Sub 2oz. Whole Grain Sub rolls 1 Serv Lettuce-Tomato 4oz. Fresh Apple 4oz. 1% Milk 8oz	15 Beef Tostada 2oz. Hard Shell Tortilla 1Serving Pico De Gallo 4oz. Fresh Orange Slices 4oz. 1% Milk 8oz.
18 Ground Turkey Soup 1 C Whole Wheat Bread 1 Serving. Diced Potato 4oz. Fresh Melon 4oz. 1% Milk 8oz.	19 Spaghetti and Meatballs 2oz. Whole Grain Pasta 1 Serving Green Beans 4oz. Mix Berries 4oz. 1% Milk 8oz.	20 Vegetarian Lasagna 4oz. Whole Wheat pasta 1 Serving. California Blend Vegetables 4oz Fresh Pears 4oz. 1% Milk 8oz.	21 Turkey and Cheese Sand 2oz. Whole Wheat Bread 1 serving. Tomato Basil Soup 4oz. Diced Peach 4oz. 1% Milk 8oz.	22 Chicken / Tuna Casserole 2oz. Whole Grain Pasta 1 Serving Steamed Vegetables 4oz. Fresh Pineapple 4oz. 1% Milk 8oz.
25 Cheese Quesadilla 2oz. Flour Tortilla 1Serving Refried Beans 4oz. Fresh Orange Slices 4oz. 1% Milk 8oz.	26 Picadillo Soup 1 C Whole Wheat Bread 1 Serv Fresh Mix Vegetables 4oz. Fresh Melon 4oz. 1% Milk 8oz.	27 Chicken Pot Pie 2oz Whole Grain Diner Rolls 1 Serv Peas and Carrots 4oz. Fresh Apples 4oz. 1% Milk 8oz.	28 NO SCHOOL	29 NO SCHOOL

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**Renu Hope Foundation
Snack For (6-12) years old
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Corn Muffin 1 Serving Milk 8oz
4 Cottage cheese 2oz Diced peach 6oz Water	5 Soft spread cheese 1oz Naan Bread 1 Serving 100% Fruit Juice 6oz	6 Carrot Sticks 6oz Triscuits 1oz Ranch dressing 1oz	7 Fruit Yogurt 4oz Animal Crackers 1 oz Water	8 Wheat Thins 1 Serving String Cheese 1oz Water
11 Graham Crackers 1 Serving String Cheese 1oz Water	12 Hummus 1 oz Pita Pocket 1 Serving 100% Fruit Juice 6oz	13 Fresh Apples 6oz Soy butter 1oz Water	14 Apple Nutri-Grain Bar 1 Serving Milk 8 oz	15 Fresh Cucumbers 6 oz Oatmeal Cake 1 Serving Water
18 Raisin Bread 1 Serving Milk 8oz	19 String Cheese 1 oz Naan Bread 1 Serving. Tropical fruit 6oz.	20 Fresh Fruit 6oz. Rice Cakes 1 Serving Water.	21 Cottage Cheese 2oz. Fresh Pineapple 6 oz. Water	22 Goldfish Crackers 1 oz. 100% Fruit Juice 6oz.
25 Graham Crackers 1 oz. Fruit Yogurt 4oz. Water	26 Fig Newtons 1 Serving Diced Peaches 6 oz. Water	27 Carrot & Celery Sticks 6oz. Sunflower Dip 1 oz Water	28 NO SCHOOL	29 NO SCHOOL

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