



Renu Hope Foundation

Breakfast-Lunch-Snack (Infants 6-11 months)

August 01-31, 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	2 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	3 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	4 Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
7 Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	8 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	9 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	10 Breakfast- Fruit Lunch - Veggies, Meats Snack - Yogurt Infant Cereal (Rice or Oatmeal)	11 Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
14 Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	15 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	16 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	17 Breakfast- Fruit Lunch - Veggies, Meats Snack - Yogurt Infant Cereal (Rice or Oatmeal)	18 Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
21 Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	22 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	23 Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	24 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	25 Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)
28 Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	29 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	30 Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	31 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal)	

SERVING PORTIONS:

****Breakfast 6-11 Months: Infant Cereal 2-4 Tbsp. Fruit/Vegetable 1-4 Tbsp.

****Lunch 6-11 Months: Infant Cereal 2-4 Tbsp. Meat, Fish, Poultry, Egg Yolk, Beans or Cheese 1-4 Tbsp. Fruit /Vegetable 1-4 Tbsp.

****Snack 6-11 Months: Bread ½ servings, Crackers 2 each, Fruit or Vegetable 1-4 Tbsp, Fruit Juice 2-4 Fluid oz.

****Formula or Breast Milk: 0-3 Months- Breakfast, Lunch and Snack (4-6 Fl oz.), (4 -7 Months- 4-8 Fl oz.), (8-11 Months- 6-8 Fl oz.) at each mealtime.

Note: infants whose individual feeding plan states the infant will transition to solid foods, these food items such as: fruits, vegetables and for meat will be prepared as follows: steamed, mashed or puree to provide the texture and consistency needed for the infant.

****Water is available to children daily. *****WE ARE A NUT FREE INSTITUTIONS*****