



**Renu Hope Foundation**  
**Breakfast-Lunch-Snack (Infants 6-11 months)**  
**November 01-30, 2023**

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
		<b>1</b> Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>2</b> Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>3</b> Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)
<b>6</b> Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>7</b> Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>8</b> Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>9</b> Breakfast- Fruit Lunch - Veggies, Meats Snack - Yogurt  Infant Cereal (Rice or Oatmeal)	<b>10</b>  <b>HOLIDAY</b> <b>SCHOOL CLOSED</b>
<b>13</b> Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>14</b> Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>15</b> Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>16</b> Breakfast- Fruit Lunch - Veggies, Meats Snack - Yogurt  Infant Cereal (Rice or Oatmeal)	<b>10</b> Breakfast - Fruit Lunch - Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)
<b>20</b> Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>21</b> Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>22</b> Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>23</b>  <b>HOLIDAY</b> <b>SCHOOL CLOSED</b>	<b>24</b>  <b>HOLIDAY</b> <b>SCHOOL CLOSED</b>
<b>27</b> Breakfast- Fruit Lunch - Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>28</b> Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>29</b> Breakfast- Fruit Lunch – Veggies Snack - Veggies or Fruit  Infant Cereal (Rice or Oatmeal)	<b>30</b> Breakfast - Fruit Lunch - Veggies, Meats 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](mailto:program.intake@usda.gov)

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