Renu Hope Foundation
Breakfast-Lunch-Snack (Infants 6-11months)
November 1-30, 2026

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.

100% APPLE JUICE ½ C. Waffles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Breakfast – Fruits** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant cereal (Rice or Oatmeal)**	**3** **Breakfast – Fruits** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant cereal (Rice or Oatmeal)**	**4** **Breakfast – Fruits** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant cereal (Rice or Oatmeal)**	**5** **Breakfast – Fruits** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant cereal (Rice or Oatmeal)**	**6** **Breakfast – Fruits** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant cereal (Rice or Oatmeal)**
9 **Breakfast – Fruits** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant cereal (Rice or Oatmeal)**	**10** **Breakfast - Fruit** **Lunch - Veggies, Meats** **Snack - Veggies or Fruit** **Infant Cereal (Rice or Oatmeal)**	**11** **Breakfast- Fruit** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant Cereal (Rice or Oatmeal)**	**12** **Breakfast - Fruit** **Lunch - Veggies, Meats** **Snack - Yogurt** **Infant Cereal (Rice or Oatmeal)**	**13** **Breakfast - Fruit** **Lunch - Veggies** **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 - Veggies or Fruit** **Infant Cereal (Rice or Oatmeal)**	**18** **Breakfast- Fruit** **Lunch – Veggies** **Snack - Veggies or Fruit** **Infant Cereal (Rice or Oatmeal)**	**19** **Breakfast- Fruit** **Lunch - Veggies, Meats** **Snack - Yogurt** **Infant Cereal (Rice or Oatmeal)**	**20** **Breakfast- Fruit** **Lunch - Veggies, Meats** **Snack - Yogurt** **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)**	**26** **HOLIDAY**	**27** **HOLIDAY**
30 **Breakfast – Fruits** **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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   Washington, D.C 20250-9410; or

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3. Email: program.intake@usda.gov

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