



Renu Hope Foundation

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

October 02-31, 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 |
|---|---|---|---|--|
| 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) | 5 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal) | 6 Breakfast - Fruit Lunch - Veggies 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 - 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 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) | 26 Breakfast - Fruit Lunch - Veggies, Meats Snack - Veggies or Fruit Infant Cereal (Rice or Oatmeal) | 27 Breakfast - Fruit Lunch - Veggies 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) | | | |

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

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 English, 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
3. Email: program.intake@usda.gov

This institution is an equal opportunity provider.