



Renu Hope Foundation
Breakfast For (6-12) years old)
December 02-31, 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
2	3	4	5	6
Cheerios 1 C. Tropical Fruit 4oz. 1% Milk 8oz.	Bran Muffins 1 Serving. Applesauce 4oz. 1% Milk 8oz.	Mini bagels 1 S. Fresh Berries 4oz. 1% Milk 8oz	French Toast 1 Serving. Mandarin Oranges 4oz. 1% Milk 8oz.	Yogurt W/granola 4 oz. Granola .5oz Fresh Bananas 4oz. 1% Milk 8oz.
9	10	11	12	13
Pancakes 1 Serving. Mix fruit 4 oz. 1% Milk 8oz	Blueberry Muffin 1 Serving. Diced Pears 4oz. 1% Milk 8oz.	Waffles 1 Serving. Apple slices 4oz. 1% Milk 8oz.	Corn muffins 1 Serving. Pineapple tidbits 4oz 1% Milk 8oz.	Zucchini Bread 1 Serving. Fresh oranges 4oz. 1% Milk 8oz
16	17	18	19	20
English muffins 1 Serving. Diced Peach 4oz. 1% Milk 8oz.	French Toast 1 Serving. Tropical fruit 4 oz. 1% Milk 8oz.	Pineapple Bread 1 Serving. Fresh Mango 4oz. 1% Milk 8oz	Yogurt W/ Granola 4oz Granola .5 oz Diced Peach 4 oz. 1% Milk 8oz.	Banana Bread 1 Serv. Fresh Oranges 4oz 1% milk 8oz
23	24	25	26	27
Rice Chex Cereal 1 C. Fresh Bananas 4oz. 1% Milk 8oz.	Orange & Berries Bread ½ Serving. Apples slices 4oz 1% Milk 8oz.	HOLIDAY SCHOOL CLOSED	Pancakes 1 Serving. Diced pear 4oz 1% milk 8oz	Carrot bread 1 Serving. Tropical fruit 4oz. 1% Milk 8oz
30	31			
Corn Muffin 1 Serving. Mandarin Oranges 4oz. 1% Milk 8oz.	Yogurt w/Granola 4oz Granola 1oz Fresh Mango 4oz 1% Milk 8oz.			

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.



Renu Hope Foundation

Lunch For (6-12 years old)

December 2-31, 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. Dairy Substitutions: Nonfat (skim) Milk, Nonfat Lactaid free milk, Soy milk, soy yogurt and soy butter. Non-Dairy and Plant Based Cheese, Meats...

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey & Cheese Wrap 2oz Spinach Tortilla 1 Serving fresh vegetables 4oz. Fresh Fruit 2 oz. 1% Milk 8 oz.	3 Chicken Noodle soup 1.5C Whole Grain pasta 1 Serving. Mix veggies 4 oz. Fresh mango 2 oz. 1% Milk 8oz.	4 BBQ Chicken 2 oz. W.W Dinner Rolls 1 Serving Mashed Potato 4oz Tropical Fruit 2 oz. 1% Milk 8 oz.	5 Chicken / Fish Strips 2 oz. Breading 1 Serving. Potato Salad 4 oz. Fresh Orange Slices 2 oz 1% Milk 8oz.	6 Mac & Cheese 1 C. Whole Grain Pasta 1 Serving California Blend Vegetables 4 oz. Fresh Apple 2 oz. 1% Milk 8 oz.
9 Beef Chili Mac 2 oz. Whole Grain Pasta 1 Serving Steamed Broccoli 4 oz. Fresh Mix Berries 2 oz. 1% Milk 8 oz	10 Chicken and Rice Soup 1.5C. Diced chicken 2 oz Steamed rice ½ c. Mix vegetables 4oz Fresh bananas 2oz 1% Milk 8 oz.	11 Lasagna 6oz. Whole Wheat pasta 1 Serving. California Blend Vegetables 2oz Fresh Pears 2 oz. 1% Milk 8 oz	12 Turkey and Cheese Sub 2oz. Whole Grain Sub rolls 1Serv Lettuce-Tomato 4 oz. Fresh Apple 2 oz. 1% Milk 8 oz.	13 Albondigas Soup 1.5C Whole Wheat Bread 1 Serving. Fresh Mix Vegetables 4oz. Fresh fruit 2 oz. 1% Milk 8oz.
16 Chicken Alfredo 2 oz. Whole Grain Pasta 1Serving. Green Beans 4oz. Fresh Diced Mango 2 oz. 1% Milk 8oz.	17 Greek Gyro Pita Pocket Greek Meat 2oz Whole Grain Pita Pocket 1 Serving. Green Salad 4oz. Fresh Cantaloupe 2 oz 1% Milk 8 oz.	18 Turkey and Potato Soup 1.5 C Whole Wheat Bread 1 Serving Diced Potato 4 oz. Fresh fruit 2 oz. 1% Milk 8 oz.	19 Chicken / Tuna Casserole 2 oz. Whole Grain Pasta 1 Serving. Steamed Vegetables 4oz. Fresh Pineapple 2 oz. 1% Milk 8 oz.	20 Beef Tostada 2oz. Hard Shell Tortilla 1 Serving. Pico De Gallo 4 oz. Fresh Orange Slices 2 oz. 1% Milk 8oz.
23 Cheese Quesadilla 2 oz. Flour Tortilla 1 S. Refried Beans 4 oz. Fresh Orange Slices 2 oz. 1% Milk 8 oz.	24 Spaghetti and Meatballs 2 oz. Whole Grain Pasta 1Serving. Green Beans 4oz. Mix Berries 2 oz. 1% Milk 8 oz.	25 HOLIDAY SCHOOL CLOSED	26 Turkey and Cheese Sand 2 oz. Whole Wheat Bread 1 serving. Tomato Basil Soup 6 oz. Diced Peach 2 oz. 1% Milk 8 oz.	27 Chicken Pot Pie 2 oz Whole Grain Diner Rolls 1Serv Peas and Carrots 4 oz. Fresh Apples 2 oz. 1% Milk 8 oz.
30 Ground Beef - Rice Bowl 1.5C. Spanish Rice ½ c. Pico de Gallo 4oz. Fresh oranges 2oz. 1% Milk 8oz.	31 Chicken Nuggets 2 oz Whole Wheat Bread 1Serv Fresh Mix Vegetables 4oz. Fresh Fruit 2 oz. 1% Milk 8 oz.			

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**Renu Hope Foundation
Snack For (6-12) years old
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Berry Nutri grain bars 1 S. 1% Milk 8oz.	3 Soft spread cheese 1oz. Naan Bread 1 Serving. 100% Fruit Juice 6 oz.	4 Carrot Sticks 6oz. Triscuits 1 Serv Ranch dressing 1 oz.	5 Goldfish Crackers 1 oz. 100% Fruit Juice 6 oz.	6 Avocado Toast Wgr. Toast bread 1 serv. Avocado dip 6 oz. water
9 Cottage cheese 2 oz. Diced peach 6oz. Water.	10 String Cheese 1 oz. Saltine Crackers 1Serving. Tropical fruit 6 oz.	11 Corn Muffin 1Serving. 1% Milk 8oz.	12 Hummus 1oz. Pita Pocket 1 Serving. 100% Fruit Juice 6oz.	13 Wheat Thins 1 Serving. String Cheese 1oz Water
16 Yogurt 4 oz. Graham Crackers 1 Serving. Water	17 Cheez its crackers 1 serving. 100% Fruit Juice 6 oz.	18 Avocado Toast Wgr. Toast bread 1 S. Avocado dip 6oz. Water	19 Fig Newtons 1 Serving. Diced Peaches 6oz. 1% Milk 8oz.	20 Fresh Cucumbers 6 oz. Rice Cake 1Serving. Water
23 Raisin Bread 1 Serv 1% Milk 8oz.	24 Cottage Cheese 2oz. Pineapple Tidbits 6 oz. Water	25 HOLIDAY SCHOOL CLOSED	26 Fruit Yogurt 4oz. Animal Crackers 1 oz. Water	27 Baby bel Cheese 1oz. Ritz crackers 1 serving. Diced peach 6 oz.
30 Graham Crackers 1 oz. Fruit Yogurt 4oz. Water	31 Apple Nutri grain bar 1 Serv. 1% Milk 8oz.			

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