



Renu Hope Foundation
Breakfast For (6-12 years old)
September 02-30, 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
HOLIDAY SCHOOL CLOSED	Yogurt W/ Granola 6oz. Tropical fruit 4oz. 1% Milk 8oz.	English muffins 1 serving. Mandarin Orange 4oz. 1% Milk 8oz.	Waffles 1 Serving. Applesauce 4oz. 1% Milk 8oz.	Banana bread 1 serving. Diced Pears 4oz. 1% Milk 8oz.
9	10	11	12	13
Corn Flakes Cereal 1 C. Fresh Bananas 4oz. 1% Milk 8oz	Mini bagels 1 Serving. Jelly .5 oz Mandarin Orange 4oz. 1% Milk 8oz.	Cheerios Cereal 1C. Tropical fruit 4oz. 1% Milk 8 oz.	French toast 1 Serving. Applesauce 4oz. 1% Milk 8oz.	Carrot Bread 1 Serving. Diced Peach 4oz. 1% Milk 8oz
16	17	18	19	20
Rice Krispies Cereal 1C. Fresh Bananas 4oz. 1% Milk 8oz.	Yogurt W/ Granola 6oz.. Tropical fruit 4oz. 1% Milk 8oz.	Blueberry Muffins 1 Serving Mandarin Orange 4oz. 1% Milk 8oz.	Pancakes 1 Serving. Applesauce 4oz. 1% Milk 8oz.	Raisins bread 1 Serving. Diced Pears 4oz. 1% Milk 8oz.
23	24	25	26	27
Rice Chex cereal 1 C. Fresh Bananas 4oz. 1% Milk 8oz.	Mini bagels 1 Serving. Cream cheese 1oz. Mandarin Orange 4oz. 1% Milk 8oz.	Corn flakes Cereal 1 C. Tropical fruit 4oz. 1% Milk 8oz.	English muffins 1 serving. Applesauce 4oz. 1% Milk 8oz	Zuchinni Bread 1 Serving. Diced Peach 4oz. 1% Milk 8oz
30				
Cheerios Cereal 1 C. Fresh Bananas 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 Englis, 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
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Renu Hope Foundation

Lunch For (6-12 years old)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY SCHOOL CLOSED	3 Taco Salad 2oz. Fiesta chips 1 Serving. Fresh Lettuce & tomato 4 oz. Apples slices 2 oz. 1% Milk 8 oz.	4 Cheese Ravioli 2 oz. Pasta Ravioli ½ C. Steamed Capri-blend 4 oz. Fresh Mixed Berries 2 oz. 1% Milk 8 oz	5 Turkey-Cheese Wrap 2 oz. Spinach wrap 1 Serving. Cucumber-Tomato salad 4 oz. Fresh Cantaloupe 2 oz. 1% Milk 8 oz.	6 Fish or Chicken Strips 2 oz. Breading 1 Serving. Cole slaw 4 oz. Fresh Pineapple 2 oz. 1% Milk 8 oz.
9 B.B.Q Chicken 2 oz. Wheat Bread 1 Serving. Mashed Potato 4 oz. Watermelon 2 oz. 1% Milk 8 oz	10 Bean Burrito bowl 1.5 Cup. Brown rice ½ Cup. Pico de Gallo 4oz. Fresh Orange Slices 2 oz 1% Milk 8 oz.	11 Beef Lasaña 6 oz. Lasaña Pasta ½ C. Tosed Salad w/dressing 4oz. Mixed Berries 2 oz. 1% Milk 8 oz.	12 Greek Gyro Pita Pocket 2 oz. Wgr. Pita Pocket 1 Serving. Fresh Mix Vegetables/D 4 oz. Fresh Honeydew 2 oz 1% Milk 8 oz.	13 Chicken-enchilada casserole 1.5c. Corn tortilla 1 Serving. Fiesta Corn 4 oz. Pineapple tidbits 2 oz. 1% Milk 8 oz.
16 Terriyaki Chicken 2 oz. Steamed Bown Rice ½ C. Asian blend Vegetables 4oz. Fresh Diced Mango 2 oz. 1% Milk 8 oz.	17 Cheese quesadilla 2oz. Flour tortillas 1 serving. Black beans 4oz. Fresh Apple slices 2 oz. 1% Milk 8 oz.	18 Beef patties & Cheese 2 oz. Hamburger Bun 1 Serving. Sweet potato fries 4 oz. Fresh Mix Berries 2 oz. 1% Milk 8 oz.	19 Turkey- cheese Subway 2oz. Wgr. Subway rolls 1 Serving. Lettuce-Tomato 4 oz. Fresh Cantaloupe 2 oz. 1% Milk 8 oz	20 Chicken Alfredo 1.5 Cup. Wgr. Fettuccine Pasta ½ C. Steamed Cal-blend 4 oz. Fresh Pineapple 2 oz. 1% Milk 8 oz.
23 Chicken Fajitas 1.5 C. Flour Tortillas ½ C. Refried Beans 4 oz. Watermelon 2 oz. 1% Milk 8 oz.	24 Beefy mac 1.5 Cup. Wheat Pasta ½ C. Steamed Green Beans 4oz. Fresh orange slices 2 oz. 1% Milk 8 oz.	25 Chicken Pattie 2 oz. Hamburger Buns 1 Serving. Lettuce and Tomato 4oz. Mix Berries 2 oz. 1% Milk 8 oz.	26 Tuna pasta 2 oz. Whole grain pasta 1 serving. Steamed mix Vegetables 4 oz. Fresh Honey Dew 2 oz. 1% Milk 8 oz.	27 Spaghetti & Meatball 2 oz. Wgr. Spaghetti pasta ½ C. Fresh salad w/dressing 4oz. Pineapple Tidbits 2 oz. 1% Milk 8 oz.
30 Chicken Stir Fry 2 oz. Steamed Rice ½ C. Stir fry vegetables 4 oz. Fresh diced Mango 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 HOLIDAY SCHOOL CLOSED	3 Babybel Semisoft Ch. 1 oz. Breadstick 1 oz. 100% Fruit Juice 6oz	4 Fresh Fruit 6oz. Soft Bread sticks 1 oz. Water.	5 Fresh Fruit Yogurt 6oz. Vanilla wafers 1oz.	6 Fig Newtons Bar 1oz. 1% Milk 8oz.
9 Cottage cheese 4oz. Diced peach 6oz. Water.	10 Soft spread cheese 1oz. Naan Bread 1 oz. Fruit Cocktail 6oz.	11 Fresh Mix veggies 6oz Saltine Crackers 1 oz. Cottage Ranch dressing 1 oz. Water.	12 Fruit Yogurt 6oz. Animal Crackers 1 oz.	13 Apple Nutri Grain Bar 1oz. 1% Milk 8oz.
16 Cheez it Crackers 1 oz. 100 % Fruit Juice 6oz.	17 String cheese 1 oz. Saltine Crackers 1 oz. 100% Fruit Juice 6oz.	18 Celery sticks 6oz Soy butter 1 oz. Water.	19 Fresh Fruit Yogurt 6oz. Graham Crackers 1 oz.	20 Fig Newtons Bar 1 oz. 1% Milk 8oz.
23 Cottage cheese 4oz. Diced peach 6oz. Water.	24 Babybel Semisoft Ch. 1 oz. Naan Bread 1 oz. Fruit Cocktail 6oz.	25 Fresh Fruit 6oz. Soft Bread sticks 1 oz. Water.	26 Fresh Fruit Yogurt 6oz. Vanilla wafers 1oz.	27 Strawberry Nutri G 1 oz. 1% Milk 8oz.
30 Goldfish Crackers 1 oz. 100 % Fruit Juice 6oz.				

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