

3 Child

Instructions for food safety upon receipt:

Milk - Store in fridge at less than 40° F

Sausage, Pizza Bagels, Pancake - Place in Fridge (under 40°F) or in freezer until meal time & refrigerate after every use .

Yogurt, Cheese, Butter, Fruits, Vegetables - Place in Fridge (under 40°F) until meal time & refrigerate after every use .

Fruit Juice, - Keep closed at room temperature until use

Please note: Adults are to supervise young children at mealtime to ensure safety. Also, sausage should be cut into small pieces for children age 5 and under as they may pose a choking hazard.

DAY 1		<u>DIRECTIONS:</u>
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ● Milk- 1 Cup ● 1 Pancake - 1.5 oz G ½ Cup Fruit 	<p><u>Lunch:</u></p> <ul style="list-style-type: none"> ● Milk-1 Cup ● 2 Yogurt - 2 oz M/MA ● 1 Pack Granola - 1 oz ● 1 Tangerine Juice-1/2 Cup ● 1 Pear - 1/2 Cup 	<p>Milk - Pour 1 cup and place back in fridge after use Pancake- Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer</p>
DAY 2		<u>DIRECTIONS</u>
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ● Milk-1 Cup ● 1 Cereal- 1 oz ● Butter ● 1 Berry Juice- ½ Cup 	<p><u>Lunch:</u></p> <ul style="list-style-type: none"> ● Milk-1 Cup ● 1 Pack Granola - 1 oz ● 2 String Cheese- 2 oz M/MA ● 1 Apple Juice- 1/2 Cup ● 1 Orange - 1/2 Cup 	<p>Milk - Pour 1 cup and place back in fridge after use</p>
DAY 3		<u>DIRECTIONS:</u>
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ● Milk- 1 Cup ● 1 Pancake - 1.5 oz G ½ Cup Fruit 	<p><u>Lunch:</u></p> <ul style="list-style-type: none"> ● Milk-1 Cup ● 2 Pizza Bagels- 2 oz G; 2 oz M/MA; 1/8 cup veg ● 1 Pear - 1/2 Cup ● 1 Fruit Juice- ½ Cup 	<p>Milk - Pour 1 cup and place back in fridge after use Pizza Bagels - Follow instructions on package Pancake - Remove from packaging. Follow instructions on package.</p>
DAY 4		<u>DIRECTIONS</u>
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ● Milk-1 Cup ● 2 Buns- 3 oz ● Butter ● 1 Fruit Juice- ½ Cup 	<p><u>Lunch:</u></p> <ul style="list-style-type: none"> ● Milk-1 Cup ● 1 Bun - 1.5 oz ● 1 Sausage- 2 oz M/MA ● 1 Apple Juice- ½ Cup ● 1 Plum- 1/2 Cup 	<p>Milk - Pour 1 cup and place back in fridge after use Sausage- Follow instructions on package, Place leftover in fridge or freezer</p>
DAY 5		<u>DIRECTIONS</u>
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ● Milk- 1 Cup ● 1 Cereal- 1 oz ● 1 Plum- 1/2 Cup 	<p><u>Lunch:</u></p> <ul style="list-style-type: none"> ● Milk-1 Cup ● 2 Pizza Bagels- 2 oz G; 2 oz M/MA; 1/8 cup veg ● 1 Orange - ½ Cup ● 1 Tangerine Juice- ½ Cup 	<p>Milk - Pour 1 cup and place back in fridge after use Pizza Bagels - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer</p>

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DAY 6		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk-1 Cup • 2 Buns- 3 oz • Butter • 1 Berry Juice- ½ Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 2 Buns - 3 oz • 1 Sausage- 2 oz M/MA • 1 Fruit Juice- ½ Cup • 1 Plum- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Sausage - Follow instructions on package, Place leftover in fridge or freezer

General Food Safety Instructions Upon Receipt:

- Store all items appropriately (refrigerate or freeze) immediately upon receipt.
- Cold items (such as milk, cheese, fruits and vegetables, etc.) should be kept refrigerated at or below 40° F. If a cold item at any point exceeds 70° F, it should be discarded immediately.
 - Hot food must be cooked/reheated to at least 165° F.
 - Discard any leftover food after 3 days.

Please follow these instructions to ensure the safety and quality of your meals.