

### 3 Child- Instructions per child

#### Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

Pizza Bagel, Cheese Stick, Fish Patties – Place in Fridge (under 40°F) or in freezer until meal time & refrigerate after every use .

Bologna, Cheese, Sausage, Fruits, Vegetables – Place in Fridge (under 40°F) until meal time & refrigerate after every use .

Fruit Juice – Keep drink closed at room temperature until use

**Please note:** It is important for adults to supervise young children at mealtime to ensure safety. Also, Sausage should be cut into small pieces for children age 5 and under as it may pose a choking hazard.

<b>DAY 1</b>		<b><u>DIRECTIONS:</u></b>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 oz Cereal- 1 oz</li> <li>• 1 Apple Juice - 1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Slices Bread- 1 oz. G</li> <li>• 1 Sausage- 1.75 oz. M/MA</li> <li>• Cheese - ½ oz</li> <li>• 1 Nectarine-1/2 Cup</li> <li>• Baby Carrots- ½ Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Carrots</b> - Place the leftover back in fridge until next meal <b>Bread</b> - Place in protected bag or container after opening the bag. <b>Sausage</b> - Remove from packaging. Bring a pot of water to a boil, then carefully add the Sausage and simmer for about 6-8 minutes, or until they are heated through and plump. Place Sausage in bread. After opening the package, place the rest of the package in a closed container and refrigerate until the next meal.
<b>DAY 2</b>		<b><u>DIRECTIONS</u></b>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 2 Slice Bread-2 oz</li> <li>• 1 Berry Juice-1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 oz Cereal- 1 oz</li> <li>• 1 Fish Patty- 1 oz G 2 oz M/MA</li> <li>• 1 Peach (or other fruit) 1/2 Cup</li> <li>• 1 Apple Juice- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Fish Patty</b> - Remove from packaging. Preheat the oven or toaster oven to 450°F. Then place on sheet pan and heat for 20-22 min; for convection oven- bake on 375°F for 15 min
<b>DAY 3</b>		<b><u>DIRECTIONS:</u></b>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Granola Bar- 1 oz</li> <li>• 1 Apple Juice - 1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Pizza Bagels - 2 oz. Grain 2 oz. M/MA 1/8 cup veg</li> <li>• 1 Tomato - ¾ Cup</li> <li>• 1 Orange- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Pizza Bagel</b> - Preheat the oven to 400°F. Then place on aluminum foil on oven rack or toaster oven tray and heat for 4-5 min. If frozen, heat for 12-14 min.
<b>DAY 4</b>		<b><u>DIRECTIONS</u></b>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 oz Cereal- 1 oz</li> <li>• Baby Carrots- ½ Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Slice Bread- 1 oz. G</li> <li>• 1 Sausage- 1.75 oz. M/MA</li> <li>• Cheese - ½ oz</li> <li>• 1 Peach (or other fruit) 1/2 Cup</li> <li>• 1 Apple Juice- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Bread</b> - Place in protected bag or container after opening the bag. <b>Sausage</b> - Remove from packaging. Bring a pot of water to a boil, then carefully add the Sausage and simmer for about 6-8 minutes, or until they are heated through and plump. Place Sausage in bread. After opening the package, place the rest of the package in a closed container and refrigerate until the next meal.
<b>DAY 5</b>		<b><u>DIRECTIONS</u></b>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 2 Slice Bread-2 oz</li> <li>• 1 Fruit Juice-1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 oz Cereal- 1 oz</li> <li>• 1 Fish Patty- 1 oz G 2 oz M/MA</li> <li>• Baby Carrots- ½ Cup</li> <li>• 1 Berry Juice-1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Fish Patty</b> - Remove from packaging. Preheat the oven or toaster oven to 450°F. Then place on sheet pan and heat for 20-22 min; for convection oven- bake on 375°F for 15 min

<b><u>DAY 6</u></b>		<b><u>DIRECTIONS</u></b>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>● Milk- 1 Cup</li> <li>● 1 Granola Bar- 1 oz</li> <li>● 1 Apple Juice - 1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>● Milk-1 Cup</li> <li>● 1 Pack Pretzels - 1 oz</li> <li>● 1 Pack Bologna - 2 oz M/MA</li> <li>● 1 Fruit Juice-1/2 Cup</li> <li>● 1 Clementine (or pear)- 1/4 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use
<b><u>DAY 7</u></b>		<b><u>DIRECTIONS</u></b>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>● Milk- 1 Cup</li> <li>● 1 pack Pretzel- 1 oz</li> <li>● 1 Apple Juice - 1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>● Milk-1 Cup</li> <li>● 1 Cheese Stick- 1 oz Grain 2 oz M/MA</li> <li>● 1 Nectarine (or peach)- 1/2 Cup</li> <li>● 1/2 Pepper- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Cheese Stick</b> - Remove from packaging. Preheat the oven or toaster oven to 400°F. Then place on aluminum foil on oven rack or toaster oven tray and heat for 4-5 min. If frozen, heat for 12-14 min. <b>Pepper</b> - Cut into strips

Please note: 1. Cream Cheese, Butter or Peanut Butter will be served with the meals. Place butter or cream cheese in the refrigerator and spread on bread or roll.

2. There are more fruits and vegetables in the box than required; please use with breakfast meal as desired, with proper refrigeration for safety.

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