



7 DAY MEAL PLAN & FOOD SAFETY GUIDE

WEEK 7 – 1 CHILD



INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than

40°F



**Cheese Blintzes,
Hush Puppies,
Chicken Wing Meal**

Place in Fridge (under 40°F)
or in freezer until meal time
& refrigerate after every use.



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. Additionally, Franks should be cut into small pieces for children under 5, as they may pose a choking hazard.

DAY 1



BREAKFAST:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Tangerine Juice- ½ Cup



LUNCH:

- Milk- 1 Cup
- 1 oz. Crackers
- 3 oz. Hummus (- 2 oz. M/MA)
- 1 Apple- ½ Cup
- Carrots- 3/8 Cup



DAY 2



BREAKFAST:

- Milk- 1 Cup
- 1 Pk Pancake- 2 oz G;
½ Cup fruit



LUNCH:

- Milk- 1 Cup
- 1 Roll
- 3 oz. Egg Salad (- 2 oz. M/MA)
- 1 Fresh Fruit- 1/2 Cup
- Butter



DAY 3



BREAKFAST:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Berry Juice- ½ Cup



LUNCH:

- Milk- 1 Cup
- ½ Container Chicken Drumstik Meal - (1 oz G; 2 oz M/MA; 3/8 cup veg)
- 1 Fresh Fruit- 1/2 Cup



DAY 4



BREAKFAST:

- Milk- 1 Cup
- 1 oz. Granola
- 1 Apple Juice- ½ Cup



LUNCH:

- Milk- 1 Cup
- ½ Container Lasagna (- 1 oz G; 2 Oz M/MA)
- Carrots- 3/8 Cup
- 1 Fresh Fruit- 1/2 Cup



DAY 5



BREAKFAST:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Fruit Juice- ½ Cup



LUNCH:

- Milk- 1 Cup
- 1 Container Taco Burrito - (1 oz G; 2 oz M/MA)
- 1 Fresh Fruit- 1/2 Cup
- 1 Tangerine Juice



DAY 6



BREAKFAST:

- Milk- 1 Cup
- 1 Roll- 1.5 oz G
- 1 Berry Juice- ½ Cup
- Butter



LUNCH:

- Milk- 1 Cup
- ½ Container Chicken Drumstik Meal - (1 oz G; 2 oz M/MA; 3/8 cup veg)
- 1 Fresh Fruit- 1/2 Cup



DAY 7



BREAKFAST:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Fruit Juice- ½ Cup



LUNCH:

- Milk- 1 Cup
- ½ Container Lasagna (- 1 oz G; 2 Oz M/MA)
- 1 Fresh Fruit- 1/2 Cup
- 1 Fresh Fruit- 1/2 Cup



Fresh Fruits are plums, pears, nectarines, peaches, oranges



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 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.



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