



WEEK OF JUNE 15

5 DAY MEAL PLAN & FOOD SAFETY GUIDE



INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than **40°F**



Omelette, Papusa, Fish Nuggets

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



Yogurt, Egg Salad, 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.

DAY 1



BREAKFAST:

- Milk- 1 Cup
- 1 Honey Scooter Cereal- 1 oz G
- 1 Fruit Juice- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 4 Fish Nuggets- 1 oz G, 2 oz M/MA
- 1 Apple- ½ Cup
- 1 Fresh Fruit- ½ Cup



Milk - Pour 1 cup and place back in fridge after use

Fish Nuggets- Keep frozen until use. Remove from packaging. Follow instructions on package.

DAY 2



BREAKFAST:

- Milk- 1 Cup
- 1 Frosted Flakes Cereal- 1 oz G
- 1 Tangerine Juice- 1/2 Cup



LUNCH:

- Milk-1 Cup
- Pancake w Omelette- 2 oz G, 2 oz M/MA; ¼ cup vegetable
- Fresh Fruit- ½ Cup



Milk - Pour 1 cup and place back in fridge after use

Pancake w Omelette - Keep frozen until use. Remove from packaging. Follow instructions on package.

DAY 3



BREAKFAST:

- Milk- 1 Cup
- 1 Fruity Pebbles Cereal- 1 oz G
- 1 Fresh Fruit- ½ Cup



LUNCH:

- Milk-1 Cup
- 1 Package granola- 1 oz G
- 2 Yogurts- 2 oz M/MA
- Fresh Fruit - ¼ Cup
- 1 Apple- ½ Cup



Milk - Pour 1 cup and place back in fridge after use

Yogurt - Pour 1 cup and place back in fridge after use

DAY 4



BREAKFAST:

- Milk-1 Cup
- 1 Serving Oatmeal- 1 oz G
- 1 Fresh Fruit- ½ Cup



LUNCH:

- Milk-1 Cup
- 4 Fish Nuggets- 1 oz G, 2 oz M/MA
- 1 Fresh Vegetable- 1/2 Cup
- Fresh Fruit- 1/4 Cup



Milk - Pour 1 cup and place back in fridge after use

Fish Nuggets- Keep frozen until use. Remove from packaging. Follow instructions on package. Place leftover back in fridge or freezer.

Oatmeal- Follow instructions on package.

DAY 5



BREAKFAST:

- Milk- 1 Cup
- 1 Toasty O's Cereal- 1 oz G
- Apple Juice - 1/2 Cup



LUNCH:

- Milk-1 Cup
- 2 Bean And Cheese Papusa- 2 oz G; 2 oz M/MA
- 1 Berry Juice- 1/2 Cup
- 1 Fresh Fruit - ½ Cup



Milk - Pour 1 cup and place back in fridge after use

Papusa- Keep frozen until use. Remove from packaging. Follow instructions on package.

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.



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