

3 CHILD

Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

Pizza Bagel, Franks, Fish Sticks, Cheese, Falafel Balls– 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 drink closed at room temperature until use

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

DAY 1		DIRECTIONS:
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 1 oz Cereal- 1 oz • 1 Apple Juice - 1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Hot Dog Bun- 1 oz. G • 2 Franks- 2 oz M/MA • 1 Orange- 1/2 Cup • Baby Carrots- ½ Cup 	Milk - Pour 1 cup and place back in fridge after use Carrots - Place the leftover back in fridge until next meal Buns - Place in protected bag or container after opening the bag. Franks - Remove from packaging. Bring a pot of water to a boil, then carefully add the Franks and simmer for about 6-8 minutes, or until they are heated through and plump. Place Franks in bun. After opening the package, place the rest of the package in a closed container and refrigerate until the next meal.
DAY 2		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 1 Granola Bar- 1 oz • 1 Berry Juice-1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 4 Fish Sticks- 1 oz G 2 oz M/MA • 1 Plum- 1/2 Cup • 1 Apple Juice- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Fish Sticks - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer
DAY 3		DIRECTIONS:
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 2 slices Bread- 2 oz • 1 Apple Juice - 1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Wrap - 2 oz Grain • Cheese - 2 oz • 1 Tomato - ¼ Cup • 1 Orange- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Bread - Place in protected bag or container after opening the bag. Falafel Balls - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer. Cheese, Wrap - Make a sandwich. Enjoy!
DAY 4		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Wrap - 1 oz • Baby Carrots- ½ Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Hot Dog Bun- 1 oz. G • 2 Franks- 2 oz M/MA • Cheese - 1 oz M/MA • 1 Nectarine- 1/2 Cup • 1 Apple Juice- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Buns - Place in protected bag or container after opening the bag. Franks - Remove from packaging. Bring a pot of water to a boil, then carefully add the Franks and simmer for about 6-8 minutes, or until they are heated through and plump. Place Franks in bun. After opening the package, place the rest of the package in a closed container and refrigerate until the next meal. Carrots, Cheese - Place the leftover back in fridge until next meal
DAY 5		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 2 slices Bread- 2 oz • 1 Fruit Juice-1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 4 Fish Sticks-- 1 oz G 2 oz M/MA • Baby Carrots- ½ Cup • 1 Berry Juice-1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Bread - Place in protected bag or container after opening the bag. Fish Sticks - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer

<u>DAY 6</u>		<u>DIRECTIONS</u>
<u>Breakfast:</u> <ul style="list-style-type: none"> • Milk-1 Cup • 1 oz Cereal- 1 oz • Baby Carrots- ½ Cup 	<u>Lunch:</u> <ul style="list-style-type: none"> • Milk-1 Cup • 1 Wrap - 2 oz Grain • Cheese - 2 oz • 1 Tangerine Juice- 1/2 Cup • 1 Plum- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Cheese, Wrap - Make a sandwich. Enjoy!
<u>DAY 7</u>		<u>DIRECTIONS</u>
<u>Breakfast:</u> <ul style="list-style-type: none"> • Milk-1 Cup • 1 Wrap - 1 oz • 1 Tangerine Juice-1/2 Cup 	<u>Lunch:</u> <ul style="list-style-type: none"> • Milk-1 Cup • 5 Falafel Balls- 1 oz Grain 1 oz M/MA • Pizza Bagel - 1 oz G 1 oz M/MA • 1 Nectarine- 1/2 Cup • 1 Fruit Juice-1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Falafel Balls - Remove from packaging. Follow instructions on package Pizza Bagel - 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.

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.

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.