

Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

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

Bologna, Cheese, Butter 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, Franks should be cut into small pieces for children age 5 and under as it may pose a choking hazard.

DAY 1		<u>DIRECTIONS:</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 oz Cereal- 1 oz • 1 Apple Juice - 1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 2 Buns- 3 oz. G • 2 Franks - 2 oz. M/MA • 1 Tangerine Juice- 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 Bun - 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		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 Bun- 1.5 oz • Butter • 1 Berry Juice-1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Wrap- 2 oz • 2 oz Cheese - 2 oz M/MA • 1 Orange- 1/2 Cup • 1 Apple Juice- 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Cheese - After opening the package place the rest in refrigerator.
DAY 3		<u>DIRECTIONS:</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 Pack Oatmeal- 1 oz • 1 Plum- ½ Cup	<u>Lunch:</u> • Milk-1 Cup • 2 Pizza Bagels - 2 oz. Grain 2 oz. M/MA 1/8 cup veg • 1 Fruit Juice-1/2 Cup • 1 Tomato - 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Oatmeal - Follow instructions on Package
DAY 4		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk-1 Cup • 1 oz Cereal- 1 oz • 1 Tomato - 1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Bun- 1 oz. G • 2 Franks - 2 oz. M/MA • 1 Plum - 1/2 Cup • 1 Apple - 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Bun - 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 5		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 Bun- 1.5 oz • Butter • 1 Tangerine Juice- 1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Pack Granola- 1 oz • 1 Pack Bologna - 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

DAY 6		<u>DIRECTIONS</u>
<u>eBreakfast:</u> • Milk- 1 Cup • 1 Wrap- 2 oz • Cheese • 1 Fruit Juice-1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 2 Pizza Bagels - 2 oz. Grain 2 oz. M/MA 1/8 cup veg • 1 Tomato - 1/2 Cup • 1 Orange- 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use 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.
DAY 7		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 Pack Oatmeal- 1 oz • 1 Apple- ½ Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Wrap- 2 oz • 2 oz Cheese - 2 oz M/MA • 1 Fruit Juice- 1/2 Cup • 1 Plum- 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use

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.