

# 1 Child

## Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

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.

<u>DAY 1</u>		<u>DIRECTIONS:</u>
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>Milk- 1 Cup</li> <li>1 Bun- 1 oz</li> <li>1 Apple Juice - 1/2 Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>1 Hot Dog Bun- 1 oz. G</li> <li>2 Franks- 2 oz M/MA</li> <li>1 Orange- 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>Franks</b> - 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.
<u>DAY 2</u>		<u>DIRECTIONS</u>
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>Milk- 1 Cup</li> <li>1 oz Cereal- 1 oz</li> <li>1 Berry Juice-1/2 Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>4 Fish Sticks- 1 oz G 2 oz M/MA</li> <li>1 Plum- 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 Sticks</b> - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer
<u>DAY 3</u>		<u>DIRECTIONS:</u>
<b>Breakfast:</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>Lunch:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>10 Falafel Balls- 1 oz Grain 2 oz M/MA</li> <li>1 Tomato - ¼ Cup</li> <li>1 Orange- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Falafel Balls</b> - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer
<u>DAY 4</u>		<u>DIRECTIONS</u>
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>1 Wrap - 1 oz</li> <li>Baby Carrots- ½ Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>1 Hot Dog Bun- 1 oz. G</li> <li>2 Franks- 2 oz M/MA</li> <li>1 Nectarine- 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>Franks</b> - 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. <b>Carrots</b> - Place the leftover back in fridge until next meal
<u>DAY 5</u>		<u>DIRECTIONS</u>
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>Milk- 1 Cup</li> <li>1 Bun- 1 oz</li> <li>1 Fruit Juice-1/2 Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>4 Fish Sticks-- 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>Bread</b> - Place in protected bag or container after opening the bag. <b>Fish Sticks</b> - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer

<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 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 Wrap - 2 oz Grain</li> <li>• Cheese - 2 oz</li> <li>• 1 Tangerine Juice- 1/2 Cup</li> <li>• 1 Plum- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Cheese, Wrap</b> - Make a sandwich. Enjoy!
<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 Wrap - 1 oz</li> <li>• 1 Tangerine Juice-1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 5 Falafel Balls- 1 oz Grain 2 oz M/MA</li> <li>• 1 Nectarine- 1/2 Cup</li> <li>• 1 Fruit Juice-1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Falafel Balls</b> - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer

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.