

3 Child

Instructions for food safety upon receipt:

Milk - Store in fridge at less than 40° F

Bologna, Cheese Blintz, Hummus- 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, Salmon - Keep 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		<u>DIRECTIONS:</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 Cereal- 1 oz • 1 Apple Juice - 1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • Buns- 1 oz. G • 1 Cheese String- 1 oz M/MA • Salmon-1 oz. M/MA • 1 Fruit Juice- 1/2 Cup • 1 Tomato- ½ Cup	Milk - Pour 1 cup and place back in fridge after use Salmon -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 Wrap- 1 oz • Carrots-1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 2 Cheese Blintzes- 1 oz G 2 oz M/MA • 1 Plum - 1/2 Cup • Apple- 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Cheese Blintz - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer Carrots - Peel carrots and cut in strips; Place the leftover back in fridge until next meal
DAY 3		<u>DIRECTIONS:</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 Cereal- 1 oz • 1 Apple Juice - 1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Wrap- 1 oz Grain • Salmon- 2 oz M/MA • 1 Cucumber- 1/2 Cup • 1 Berry Juice- 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Salmon -After opening the package, place the rest of the package in a closed container and refrigerate until the next meal.
DAY 4		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk-1 Cup • 1 Bun- 1 oz • 1 Berry Juice- ½ Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Cereal- 1 oz. G • Hummus-2 oz M/MA • Carrots- 1/2 Cup • 1 Fruit Juice- 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Hummus - After opening the package, place the rest of the package in a closed container and refrigerate until the next meal. Carrots - Peel carrots and cut in strips; Place the leftover back in fridge until next meal
DAY 5		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk- 1 Cup • 1 Granola Pack- 1 oz • 1 Fruit Juice-1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 2 Cheese Blintzes Cheese Blintz- 1 oz G 2 oz M/MA • 1 Cucumber- ½ Cup • 1 Tomato-1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Cheese Blintzes - remove from fridge and enjoy!

DAY 6		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk-1 Cup • 1 Bun - 1 oz • 1 Berry Juice- ½ Cup	<u>Lunch:</u> • Milk-1 Cup • 1 cereal-1 oz. G • Hummus-2 oz M/MA • 1 Tangerine Juice- 1/2 Cup • Carrots - 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Carrots - Peel carrots and cut in strips; Place the leftover back in the fridge until next meal. Hummus -remove from fridge and enjoy!
DAY 7		<u>DIRECTIONS</u>
<u>Breakfast:</u> • Milk-1 Cup • 1 Wrap - 1 oz • Carrots-1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Bun- 1 oz Grain • Bologna- 2 oz M/MA • Apples-½ Cup • 1 Plum- ½ Cup	Milk - Pour 1 cup and place back in fridge after use Carrots - Peel carrots and cut in strips; Place the leftover back in the fridge until next meal. Bologna - place bologna in bun and enjoy!

Please note: 1. Cream Cheese, Butter or Peanut Butter may 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.