



7 DAY MEAL PLAN & FOOD SAFETY GUIDE



WEEK 3 - 1 CHILD

INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than **40°F**



Meatballs, Chicken, Pizza, Mac n Cheese

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



Hummus, 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 Berry Juice- ½ Cup



LUNCH:

- Milk-1 Cup
- 2 Slices Bread
- 3 oz Egg Salad
- 1 Apple- ½ Cup
- 1 Fresh Fruit- 1/2 Cup



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

DAY 2

BREAKFAST:

- Milk- 1 Cup
- 1 Serving Oatmeal- 1 oz G
- 1 Apple Juice- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 1.5 Slices Bread
- 3.5 oz Hummus (- 3 oz M/MA)
- 1 Fresh Fruit- 1/2 Cup
- 1 Tomato - ½ Cup



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

Oatmeal- Remove from packaging. Follow instructions on package.

DAY 3

BREAKFAST:

- Milk- 1 Cup
- 2 Slices Bread
- Butter
- 1 Fresh Fruit- 1/2 Cup



LUNCH:

- Milk-1 Cup
- ½ Container Mac n Cheese (- 2 oz G; 2 Oz M/MA)
- 1 Fresh Fruit- 1/2 Cup
- 1 Tangerine Juice- 1/2 Cup



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

Mac n Cheese- Keep frozen until use. Remove from packaging. Follow instructions on package; Place leftover in fridge or freezer.

DAY 4

BREAKFAST:

- Milk-1 Cup
- 1 Fruity Pebble Cereal- 1 oz G
- 1 Tangerine Juice- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 1 Chicken Nugget Meal (- 1 oz G; 2 Oz M/MA; ¼ Cup Veg)
- 1 Apple- ½ Cup



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

Oatmeal- Remove from packaging. Follow instructions on package.

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

DAY 5

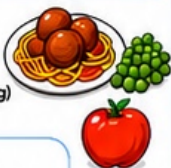
BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- 1 Meatballs and Spaghetti Meal (- 1 oz G; 2 Oz M/MA; ¼ Cup Veg)
- 1 Berry Juice- ½ Cup



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

Meatballs and Spaghetti- Keep frozen until use. Remove from packaging. Follow instructions on package.

DAY 6

BREAKFAST:

- Milk-1 Cup
- 1 Raisin Bran Cereal- 1 oz G
- 1 Fresh Fruit- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 1 Pizza (- 2 oz G; 2 Oz M/MA)
- 1 Fresh Fruit- 1/2 Cup
- 1 Tomato- 1/2 Cup



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

Oatmeal- Remove from packaging. Follow instructions on package.

Beans- Keep refrigerated until use. Remove from packaging. Follow instructions on package.

DAY 7

BREAKFAST:

- Milk-1 Cup
- 2 Slices Bread
- Butter
- 1 Fresh Fruit- 1/2 Cup



LUNCH:

- Milk-1 Cup
- ½ Container Mac n Cheese (- 2 oz G; 2 Oz M/MA)
- 1 Fresh Fruit- 1/2 Cup
- 1 Fruit Juice- 1/2 Cup



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

Mac n Cheese- Keep frozen until use. Remove from packaging. Follow instructions on package.

- Fresh Fruits are plums, pears, nectarines, peaches

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 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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