



5 DAY MEAL PLAN & FOOD SAFETY GUIDE



INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk
Store in fridge at less than **40°F**



Sweet 'n' Sour meal, Pizza Bagels/Sticks, Hush Puppy

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



Cheese, 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 Cereal- 1 oz G
- 1 Tangerine Juice - 1/2 Cup



LUNCH:

- Milk- 1 Cup
- 2 Pizza Bagels/Sticks- 3 oz G, 2 oz M/MA
- 1 Pepper- 1/2 Cup
- 1 Peach- 1/2 Cup



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

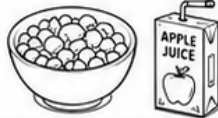
Pizza Bagels/Sticks – Keep frozen until use. Remove from packaging. Follow directions on package

DAY 2



BREAKFAST:

- Milk- 1 Cup
- 1 Package granola – 1 oz G
- 1 Fruit Juice- 1/2 Cup



LUNCH:

- Milk- 1 Cup
- Sweet 'n' Sour meal – 1 oz G, 2 oz M/MA, 1/2 Cup Veg
- 1 Apple- 1/2 Cup



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

Sweet 'n' Sour meal – Keep frozen until use. Remove from packaging. Follow directions on package

DAY 3



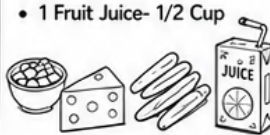
BREAKFAST:

- Milk- 1 Cup
- 1 Pancake- 1.5 oz G; 1/2 Cup Fruit



LUNCH:

- Milk- 1 Cup
- 1 Package granola- 1 oz G
- 1 Nuts- 1 oz M/MA
- 1 Cheese- 1 oz M/MA
- Carrots- 1/2 Cup
- 1 Fruit Juice- 1/2 Cup



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

Tomato – Slice tomato and place in bread sandwich

Pancake – Keep frozen until use. Remove from packaging. Follow directions on package

DAY 4



BREAKFAST:

- Milk- 1 Cup
- Cereal- 1 oz G
- 1 Peach- 1/2 Cup



LUNCH:

- Milk- 1 Cup
- 2 Pizza Bagels/Sticks- 3 oz G, 2 oz M/MA
- 1 Pepper- 1/2 Cup
- 1 Carrots- 1/2 Cup



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

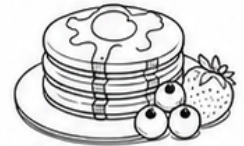
Pizza Bagels/Sticks – Keep frozen until use. Remove from packaging. Follow directions on package

DAY 5



BREAKFAST:

- Milk- 1 Cup
- 1 Pancake- 1.5 oz G; 1/2 Cup Fruit



LUNCH:

- Milk- 1 Cup
- Hush Puppy- 2 oz. G, 2 oz M/M, 1/4 Cup Veg
- 1 Apple Juice- 1/2 Cup

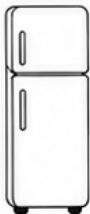


Milk – Pour 1 cup and place back in fridge after use

Hush Puppy – Keep frozen until use. Remove from packaging. Follow directions on package.

Pancake – Keep frozen until use. Remove from packaging. Follow directions on package

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.

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