

1 Child

Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

Chicken Meal - Place in Freezer

Sausage, Pistrami, Pizza Bagels, Pancake – Place in Fridge (under 40°F) or in freezer until meal time & refrigerate after every use .

Yogurt, Cheese, Butter, 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. Also, sausage should be cut into small pieces for children age 5 and under as they may pose a choking hazard.

DAY 1		DIRECTIONS:
<u>Breakfast:</u> • Milk- 1 Cup • 1 Pancake - 1.5 oz G ½ Cup Fruit	<u>Lunch:</u> • Milk-1 Cup • 1 Tropical Seed Mix - 1 oz M/MA; ¼ cup fruit • 1 Yogurt - 1 oz M/MA • 1 Pack Granola - 1 oz • 1 Orange -1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Pancake - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer
DAY 2		DIRECTIONS
<u>Breakfast:</u> • Milk- 1 Cup • 1 Pack Oatmeal- 1 oz • 1 Tangerine Juice- ½ Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Crackers - 1 oz • 2 String Cheese- 2 oz M/MA • 1 Apple 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 3		DIRECTIONS:
<u>Breakfast:</u> • Milk- 1 Cup • 1 Pancake - 1.5 oz G ½ Cup Fruit	<u>Lunch:</u> • Milk-1 Cup • 1 Pack Granola - 1 oz • 2 Yogurt - 1 oz M/MA • 1 Plum- 1/2 Cup • 1 Tangerine Juice- ½ Cup	Milk - Pour 1 cup and place back in fridge after use Pancake - Follow instructions on package
DAY 4		DIRECTIONS
<u>Breakfast:</u> • Milk-1 Cup • 2 Buns- 3 oz • Butter • 1 Berry Juice- ½ Cup	<u>Lunch:</u> • Milk-1 Cup • 1 Wrap - 1.5 oz • ½ Pack Corned Beef/Pistrami - 2 oz M/MA • 1 Pear- 1/2 Cup • 1 Fruit Juice - 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Corned Beef/Pistrami - Place leftover in fridge or freezer
DAY 5		DIRECTIONS
<u>Breakfast:</u> • Milk- 1 Cup • 1 Pack Oatmeal- 1 oz • 1 Plum- 1/2 Cup	<u>Lunch:</u> • Milk-1 Cup • 2 Pizza Bagels- 2 oz G; 2 oz M/MA; 1/8 cup veg • 1 Orange - ½ Cup • 1 Tangerine Juice- ½ Cup	Milk - Pour 1 cup and place back in fridge after use Pizza Bagels - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer

DAY 6		DIRECTIONS
Breakfast: • Milk- 1 Cup • 2 Wraps - 3 oz • cheese • 1 Fruit Juice - 1/2 Cup	Lunch: • Milk-1 Cup • 2 Buns - 3 oz • 1 Sausage- 2 oz M/MA • 1 Berry Juice- ½ Cup • 1 Plum- 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Sausage - Follow instructions on package, Place leftover in fridge or freezer
DAY 7		DIRECTIONS
Breakfast: • Milk- 1 Cup • 2 Buns- 3 oz • Butter • 1 Berry Juice- ½ Cup	Lunch: • Milk-1 Cup • 2 Pizza Bagels- 2 oz G; 2 oz M/MA; 1/8 cup veg • 1 Pear - 1/2 Cup • 1 Fruit Juice- ½ Cup	Milk - Pour 1 cup and place back in fridge after use Pizza Bagels - Follow instructions on package

DAY 8		DIRECTIONS:
Breakfast: • Milk- 1 Cup • 1 Honey Nut Scooters - 1 oz • 1 Orange- 1/2 Cup	Lunch: • Milk-1 Cup • 1 Wrap - 1.5 oz • ½ Pack Corned Beef/Pistrami - 2 oz M/MA • Corn- ½ Cup • 1 Berry Juice-1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Corn - Boil on low flame for 3-4 min. Place leftover in fridge
DAY 9		DIRECTIONS
Breakfast: • Milk- 1 Cup • 2 Wraps - 3 oz • cheese • 1 Tangerine Juice- ½ Cup	Lunch: • Milk-1 Cup • 2 Buns - 3 oz • 1 Sausage- 2 oz M/MA • 1 Apple Juice- ½ Cup • 1 Tomato - 1/2 Cup	Milk - Pour 1 cup and place back in fridge after use Sausage - Follow instructions on package
DAY 10		DIRECTIONS:

Instructions for food safety upon receipt:

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Chicken Meal - Place in Freezer

Sausage, Pistrami, Pizza Bagels, Pancake – Place in Fridge (under 40°F) or in freezer until meal time & refrigerate after every use .

Yogurt, Cheese, Butter, 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. Also, sausage should be cut into small pieces for children age 5 and under as they may pose a choking hazard.

<u>Breakfast:</u> • Milk- 1 Cup • 1 Fruity Pebble Cereal- 1 oz • 1 Fruit Juice - 1/2 Cup	<u>Lunch:</u> • Milk-1 CupChicken Meal • 1 Sweet 'n' sour - 1 oz G; 2 oz M/MA; ¼ cup veg • Corn- ½ Cup	Milk - Pour 1 cup and place back in fridge after use Sweet 'n' sour Chicken Meal - Follow instructions on package Corn - Boil on low flame for 3-4 min.
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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.