

## 1 CHILD

### Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

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

Bologna, Cheese, Butter 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:** It is important for adults to supervise young children at mealtime to ensure safety. Also, Franks should be cut into small pieces for children age 5 and under as it may pose a choking hazard.

<u>DAY 1</u>		<u>DIRECTIONS:</u>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 oz Cereal- 1 oz</li> <li>• 1 Apple Juice - 1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Buns- 3 oz. G</li> <li>• Salmon - 2 oz. M/MA</li> <li>• 1 Tangerine Juice- 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>Bun</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><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 2 Buns- 3 oz. G</li> <li>• Butter</li> <li>• 1 Berry Juice-1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Wraps- 4 oz</li> <li>• 2 oz Cheese - 2 oz M/MA</li> <li>• 1 Orange- 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>Cheese</b> - After opening the package place the rest in refrigerator.
<u>DAY 3</u>		<u>DIRECTIONS:</u>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Pack Oatmeal- 1 oz</li> <li>• 1 Plum- ½ Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Pizza Bagels - 2 oz. Grain 2 oz. M/MA 1/8 cup veg</li> <li>• 1 Fruit Juice-1/2 Cup</li> <li>• 1 Tomato - 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Oatmeal</b> - Follow instructions on Package
<u>DAY 4</u>		<u>DIRECTIONS</u>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 oz Cereal- 1 oz</li> <li>• 1 Tomato - 1/2 Cup</li> </ul>	<b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Bun- 1 oz. G</li> <li>• 2 Franks - 2 oz. M/MA</li> <li>• 1 Plum - 1/2 Cup</li> <li>• 1 Apple - 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Bun</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 5</u>		<u>DIRECTIONS</u>
<b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 2 Buns- 3 oz. G</li> <li>• Butter</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>• 1 Pack Granola- 1 oz</li> <li>• 1 Pack Bologna - 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

### 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.