

FOOD SAFETY UPON RECEIPT

7-DAY MEAL MENU



Milk – Store in fridge at less than 40° F



Pizza, Sloppy Joe, Chicken Meal – 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 Breakfast Cereal- 1 oz G
- 1 Tangerine Juice- ½ Cup



Lunch:

- Milk-1 Cup
- 1 oz. Crackers
- 1 oz. Cheese
- 1 oz Nuts
- 1 Apple- ½ Cup
- Fresh Veg or fruit- 1/2 Cup



Instructions:

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

DAY 2

Breakfast:

- Milk- 1 Cup
- 1 Pk Oatmeal- 1.5 oz G
- 1 Fruit Juice- ½ Cup



Lunch:

- Milk-1 Cup
- ½ Container Sloppy Joe - (1 oz G; 2 oz M/MA; ¼ cup veg)
- 1 Fresh Fruit- 1/2 Cup



Instructions:

Milk – Pour 1 cup and place back in fridge after use
Oatmeal – Remove from packaging. Follow instructions on package.
Sloppy Joe – Keep frozen or refrigerated until use. Remove from packaging. Follow instructions on package; Place leftover in fridge or freezer.

DAY 3

Breakfast:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Berry Juice- ½ Cup



Lunch:

- Milk-1 Cup
- 1 Slice Pizza- (3.5 oz G; 2 oz M/MA; ¼ cup veg)
- 1 Fresh Fruit- 1/2 Cup



Instructions:

Milk – Pour 1 cup and place back in fridge after use
Pizza – Keep refrigerated or frozen until use. Remove from packaging. Follow instructions on package.

DAY 4

Breakfast:

- Milk-1 Cup
- 1 oz. Crackers
- 1 Apple Juice- 1/2 Cup



Lunch:

- Milk-1 Cup
- ½ Container Chicken Meal- (- 1 oz G; 2 Oz M/MA; ¼ Cup Veg)
- 1 Fresh Fruit- 1/2 Cup



Instructions:

Milk – Pour 1 cup and place back in fridge after use
Chicken Meal – Keep refrigerated or frozen until use. Remove from packaging. Follow instructions on package.

DAY 5

Breakfast:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Fresh Fruit- ½ Cup



Lunch:

- Milk-1 Cup
- ½ Container Sloppy Joe - (1 oz G; 2 oz M/MA; ¼ cup veg)
- 1 Apple- ½ Cup



Instructions:

Milk – Pour 1 cup and place back in fridge after use
Sloppy Joe – Keep frozen or refrigerated until use. Remove from packaging. Follow instructions on package; Place leftover in fridge or freezer.

DAY 6

Breakfast:

- Milk- 1 Cup
- 1 pk Oatmeal- 1.5 oz G
- 1 Fruit Juice- ½ Cup



Lunch:

- Milk-1 Cup
- 1 Slice Pizza- (3.5 oz G; 2 oz M/MA; ¼ cup veg)
- 1 Fresh Fruit- 1/2 Cup



Instructions:

Milk – Pour 1 cup and place back in fridge after use
Oatmeal – Remove from packaging. Follow instructions on package.
Pizza – Keep frozen or refrigerated until use. Remove from packaging. Follow instructions on package; Place leftover in fridge or freezer.

DAY 7

Breakfast:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Apple Juice- ½ Cup



Lunch:

- Milk-1 Cup
- ½ Container Chicken Meal- (1 oz G; 2 Oz M/MA; ¼ Cup Veg)
- Fresh fruit or Veg- 1/2 Cup



Instructions:

Milk – Pour 1 cup and place back in fridge after use.
Chicken Meal – Keep refrigerated or frozen until use. Remove from packaging. Follow instructions on package.

- Fresh Fruits are plums, pears, nectarines, peaches, oranges



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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