

3 Child

Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

Hush Puppy, Potato Knish – Place in Fridge (under 40°F) or in freezer until meal time & refrigerate after every use .

Egg Salad, Yogurt, Butter, 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. Franks should be cut into small pieces for children age 5 and under as it may pose a choking hazard.

DAY 1		DIRECTIONS:
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 1 Honey Nut Scooters - 1 oz • 1 Apple Juice - 1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Hush Puppy - 1 oz G; 2 oz M/MA; ¼ cup veg • 1 Plum- ½ Cup 	Milk - Pour 1 cup and place back in fridge after use Hush Puppy - Follow instructions on package
DAY 2		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 2 Slices Bread- 2 oz • Butter • 1 Tangerine Juice- ½ Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Potato Knish- 1 oz G; ¾ Cup Veg • 1 Slice Bread • 3.5 oz Egg Salad- 2 oz M/MA Cup • 1 Apple- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Potato Knish - Follow instructions on package Place egg salad in fridge after use
DAY 3		DIRECTIONS:
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 1 Fruity Pebble Cereal- 1 oz • 1 Apple Juice - 1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Package Oatmeal - 1 oz • Tropical Seed Mix - 1 oz M/MA; ¼ cup fruit • 1 Yogurt- 1 oz M/MA • 1 Plum- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Oatmeal - Follow instructions on package
DAY 4		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk-1 Cup • 2 Slices Bread- 2 oz • Butter • Blueberries - 1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 2 Slices Bread- 2 oz • 3.5 oz Egg Salad- 2 oz M/MA Cup • 1 Tomato- 1/2 Cup • 1 Fruit Juice- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use
DAY 5		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk- 1 Cup • 1 Frosted Flakes Cereal - 1 oz • 1 Fruit Juice-1/2 Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Hush Puppy - 1 oz G; 2 oz M/MA; ¼ cup veg • Blueberries - 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Hush Puppy - Follow instructions on package

DAY 6		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Package Oatmeal - 1 oz • Blueberries- ½ Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Potato Knish- 1 oz G; ¾ Cup Veg • 2 oz Cheese • 1 Apple- 1/2 Cup 	Milk - Pour 1 cup and place back in fridge after use Oatmeal - Follow instructions on package
DAY 7		DIRECTIONS
Breakfast: <ul style="list-style-type: none"> • Milk-1 Cup • 1 Cereal- 1 oz • 1 Berry Juice- ½ Cup 	Lunch: <ul style="list-style-type: none"> • Milk-1 Cup • 2 Slices Bread- 2 oz • Tropical Seed Mix - 1 oz M/MA; ¼ cup fruit • 1 Yogurt- 1 oz M/MA • Blueberries- 1/2 Cup 	Milk - 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.