



6 DAY MENU & FOOD SAFETY GUIDE

STROUDSBURG • WEEK 12 (6 DAY)



INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than

40°F



Hot Dogs, Apple Pancake, Pizza, Chicken Meal

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



Egg Salad, 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. Hot dogs should be sliced into small pieces for young children to avoid choking hazard.

DAY 1



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- 1 Wrap- 2 oz G
- 3 oz. Egg Salad (or Hummus)
- Fresh Fruit- 1/2 Cup



DAY 2



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- Hot Dogs - 2-3 oz.
- 1 Fresh Fruit- 1/2 Cup
- Apple Pancake- 2 oz. G;
- ½ Cup Fruit



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



DAY 4

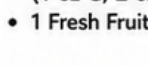


BREAKFAST:

- Milk-1 Cup
- 1 Wrap- 2 oz G
- 1 Tangerine Juice- ½ Cup

LUNCH:

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



DAY 5



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- Rolls - 2 oz.
- Hot Dogs - 2-3 oz.
- 1 Fresh Fruit- 1/2 Cup
- 1 Fresh Fruit- 1/2 Cup



DAY 6



BREAKFAST:

- Milk- 1 Cup
- 1 Wrap- 2 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



Fresh Fruits are plums, pears, nectarines, peaches, oranges, and apples



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 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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