

# 1 Child

## Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

Sausage, 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:
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Pancake - 1.5 oz G ½ Cup Fruit</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Yogurt - 2 oz M/MA</li> <li>• 1 Pack Granola - 1 oz</li> <li>• 1 Tangerine Juice-1/2 Cup</li> <li>• 1 Pear - 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Pancake</b> - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer
DAY 2		DIRECTIONS
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Cereal- 1 oz</li> <li>• Butter</li> <li>• 1 Berry Juice- ½ Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Pack Granola - 1 oz</li> <li>• 2 String Cheese- 2 oz M/MA</li> <li>• 1 Apple Juice- 1/2 Cup</li> <li>• 1 Orange - 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use
DAY 3		DIRECTIONS:
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Pancake - 1.5 oz G ½ Cup Fruit</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Pizza Bagels- 2 oz G; 2 oz M/MA; 1/8 cup veg</li> <li>• 1 Pear - 1/2 Cup</li> <li>• 1 Fruit Juice- ½ Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Pizza Bagels</b> - Follow instructions on package <b>Pancake</b> - Remove from packaging. Follow instructions on package.
DAY 4		DIRECTIONS
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Buns- 3 oz</li> <li>• Butter</li> <li>• 1 Fruit Juice- ½ Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Buns - 3 oz</li> <li>• 1 Sausage- 2 oz M/MA</li> <li>• 1 Apple Juice- ½ Cup</li> <li>• 1 Plum- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Sausage</b> - Follow instructions on package, Place leftover in fridge or freezer
DAY 5		DIRECTIONS
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Cereal- 1 oz</li> <li>• 1 Plum- 1/2 Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Pizza Bagels- 2 oz G; 2 oz M/MA; 1/8 cup veg</li> <li>• 1 Orange - ½ Cup</li> <li>• 1 Tangerine Juice- ½ Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Pizza Bagels</b> - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer

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DAY 6		DIRECTIONS
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Buns- 3 oz</li> <li>• Butter</li> <li>• 1 Berry Juice- ½ Cup</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 2 Buns - 3 oz</li> <li>• 1 Sausage- 2 oz M/MA</li> <li>• 1 Fruit Juice- ½ Cup</li> <li>• 1 Plum- 1/2 Cup</li> </ul>	<b>Milk</b> - Pour 1 cup and place back in fridge after use <b>Sausage</b> - Follow instructions on package, Place leftover in fridge or freezer

### **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.