



5 DAY MENU & FOOD SAFETY GUIDE

LEWISTOWN • WEEK 12 (5 DAY)



INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge
at less than

40°F



Fritada, Burrito, Pizza, Pancake Egg, Chicken Meal



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



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 Pancake Egg
(1 oz G; 2 oz M/MA;
1/2 Cup Veg)
- 1 Berry Juice- ½ Cup



DAY 2



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- Baked Ziti- (2 oz G;
2 oz M/MA)
- Fritada- (¼ cup veg;
2 oz M/MA)
- 1 Fresh Fruit- 1/2 Cup



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 Breakfast Cereal- 1 oz G
- Omelette Bite (1/2 cup
veg; 2 oz M/MA)



LUNCH:

- Milk-1 Cup
- 1 Container Beef or
Chicken Meal- (1 oz G;
2 oz M/MA; 1/2 Cup Veg)
- 1 Fruit Juice- ½ Cup



DAY 5



BREAKFAST:

- Milk- 1 Cup
- 1 Burrito- 1 oz G
2 oz M/MA
- 1 Tangerine 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 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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