



7 DAY MEAL PLAN & FOOD SAFETY GUIDE



WEEK 11 – 1 CHILD

INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than

40°F



Mac N Beef, Pizza Bagel, Pancake, Baked Ziti, 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. Additionally, Franks should be cut into small pieces for children under 5, as they may pose a choking hazard.

DAY 1



BREAKFAST:

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



LUNCH:

- Milk- 1 Cup
- 1-2 oz. Roll/Bread
- Cheese - 1 oz
- Seed Mix - 1 oz M/MA; ¾ Cup Fruit
- Butter



DAY 2



BREAKFAST:

- Milk- 1 Cup
- 1 Pancake/ Empanada- 1-2 oz G; ½ Cup fruit



LUNCH:

- Milk- 1 Cup
- 1 Container Mac n Beef (1 oz G; 2 oz M/MA; 1/4 cup veg)
- 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
- ½ Container Chicken Drumstick Meal - (1 oz G; 2 oz M/MA; 3/8 cup veg)
- 1 Fruit Cup- 1/2 Cup



DAY 4



BREAKFAST:

- Milk-1 Cup
- 1 oz. Granola/crackers
- Vegetable- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 1 Container Bake Ziti (- 1 oz G; 2 Oz M/MA; ¼ cup veg)
- Fresh Fruit or veg- 1/2 Cup



DAY 5



BREAKFAST:

- Milk- 1 Cup
- 1 Pancake/ Empanada- 1-2 oz G; ½ Cup fruit



LUNCH:

- Milk- 1 Cup
- 2 Pizza Bagels - (2 oz G; 2 oz M/MA; ½ cup veg)
- 1 Fresh Fruit- 1/2 Cup
- 1 Fruit Juice



DAY 6



BREAKFAST:

- Milk- 1 Cup
- 1-2 oz. Roll/Bread
- 1 Berry Juice- ½ Cup
- Butter



LUNCH:

- Milk-1 Cup
- ½ Container Chicken Drumstick Meal - (1 oz G; 2 oz M/MA; 3/8 cup veg)
- 1 Fresh Fruit- 1/2 Cup



DAY 7



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- 1 Pizza Bagel - (2 oz G; 1 oz M/MA)
- Peanuts - 1 oz
- 1 Fruit Cup- 1/2 Cup
- Vegetable- 1/2 Cup



- Fresh Fruits are plums, pears, nectarines, peaches, oranges, and apples
- Vegetables are carrots, celery, tomatoes, cucumbers



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.

