

### 3 Child

#### Instructions for food safety upon receipt:

Milk – Store in fridge at less than 40° F

Chicken Meal - Place in Freezer

Sausage, Pistrami, 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:                                                                                                                                                                        |
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| <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>1 Tropical Seed Mix - 1 oz M/MA; ¼ cup fruit</li> <li>1 Yogurt - 1 oz M/MA</li> <li>1 Pack Granola - 1 oz</li> <li>1 Orange -1/2 Cup</li> </ul> | <b>Milk</b> - Pour 1 cup and place back in fridge after use<br><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 Pack Oatmeal- 1 oz</li> <li>1 Tangerine Juice- ½ Cup</li> </ul>   | <b>Lunch:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>1 Crackers - 1 oz</li> <li>2 String Cheese- 2 oz M/MA</li> <li>1 Apple Juice- 1/2 Cup</li> <li>1 Tomato - 1/2 Cup</li> </ul>                    | <b>Milk</b> - Pour 1 cup and place back in fridge after use<br><b>Oatmeal</b> - Follow instructions on package                                                                     |
| 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>1 Pack Granola - 1 oz</li> <li>2 Yogurt - 1 oz M/MA</li> <li>1 Plum- 1/2 Cup</li> <li>1 Tangerine Juice- ½ Cup</li> </ul>                       | <b>Milk</b> - Pour 1 cup and place back in fridge after use<br><b>Pancake</b> - Follow instructions on package                                                                     |
| DAY 4                                                                                                                                             |                                                                                                                                                                                                                          | DIRECTIONS                                                                                                                                                                         |
| <b>Breakfast:</b> <ul style="list-style-type: none"> <li>Milk-1 Cup</li> <li>2 Bun- 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>1 Wrap - 1.5 oz</li> <li>½ Pack Corned Beef/Pistrami - 2 oz M/MA</li> <li>1 Pear- 1/2 Cup</li> <li>1 Fruit Juice - 1/2 Cup</li> </ul>           | <b>Milk</b> - Pour 1 cup and place back in fridge after use<br><b>Corned Beef/Pistrami</b> - 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 Pack Oatmeal- 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<br><b>Pizza Bagels</b> - Remove from packaging. Follow instructions on package. Put back leftover in fridge or freezer |

| DAY 6                                                                                                                                                             |                                                                                                                                                                                                        | DIRECTIONS                                                                                                                                          |
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| <b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Wrap - 1.5 oz</li> <li>• cheese</li> <li>• 1 Fruit Juice - 1/2 Cup</li> </ul> | <b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Bun- 1.5 oz</li> <li>• 1 Sausage- 2 oz M/MA</li> <li>• 1 Berry 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<br><b>Sausage</b> - Follow instructions on package, Place leftover in fridge or freezer |
| DAY 7                                                                                                                                                             |                                                                                                                                                                                                        | DIRECTIONS                                                                                                                                          |
| <b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 2 Bun- 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 Pizza Bagels- 2 oz G; 2 oz M/MA;<br/>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<br><b>Pizza Bagels</b> - Follow instructions on package                                 |

| DAY 8                                                                                                                                                              |                                                                                                                                                                                                                    | DIRECTIONS:                                                                                                                          |
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| <b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Honey Nut Scooters - 1 oz</li> <li>• 1 Orange- 1/2 Cup</li> </ul>              | <b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Wrap - 1.5 oz</li> <li>• ½ Pack Corned Beef/Pistrami - 2 oz M/MA</li> <li>• Corn- ½ Cup</li> <li>• 1 Berry Juice-1/2 Cup</li> </ul> | <b>Milk</b> - Pour 1 cup and place back in fridge after use<br><b>Corn</b> - Boil on low flame for 3-4 min. Place leftover in fridge |
| DAY 9                                                                                                                                                              |                                                                                                                                                                                                                    | DIRECTIONS                                                                                                                           |
| <b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Wrap - 1.5 oz</li> <li>• cheese</li> <li>• 1 Tangerine Juice- ½ Cup</li> </ul> | <b>Lunch:</b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Bun- 1.5 oz</li> <li>• 1 Sausage- 2 oz M/MA</li> <li>• 1 Apple Juice- ½ Cup</li> <li>• 1 Tomato - 1/2 Cup</li> </ul>                | <b>Milk</b> - Pour 1 cup and place back in fridge after use<br><b>Sausage</b> - Follow instructions on package                       |
| DAY 10                                                                                                                                                             |                                                                                                                                                                                                                    | DIRECTIONS:                                                                                                                          |

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| <b><u>Breakfast:</u></b> <ul style="list-style-type: none"> <li>• Milk- 1 Cup</li> <li>• 1 Fruity Pebble Cereal- 1 oz</li> <li>• 1 Fruit Juice - 1/2 Cup</li> </ul> | <b><u>Lunch:</u></b> <ul style="list-style-type: none"> <li>• Milk-1 Cup</li> <li>• 1 Sweet 'n' sour Chicken Meal - 1 oz<br/>G; 2 oz M/MA; ¼ cup veg</li> <li>• Corn- ½ Cup</li> </ul> | <b>Milk</b> - Pour 1 cup and place back in fridge after use<br><b>Sweet 'n' sour Chicken Meal</b> - Follow instructions on package<br><b>Corn</b> - Boil on low flame for 3-4 min. |
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**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.