



7 DAY MEAL PLAN & FOOD SAFETY GUIDE

WEEK 6 – 1 CHILD



INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than **40°F**



Cheese Blintzes, Hush Puppies, Chicken Wing 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. 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 slice Bread and Butter
- 1 Tangerine Juice- ½ Cup



LUNCH:

- Milk-1 Cup
- 2 Cheese Blintzes- 2 oz G; 2 oz M/MA
- 1 Apple Juice- 1/2 Cup
- Fresh Veg or fruit- 1/2 Cup



Milk - Pour 1 cup and place back in fridge after use

Cheese Blintzes- Keep refrigerated or frozen until use. Remove from packaging. Place leftover in fridge or freezer.

DAY 2

BREAKFAST:

- Milk- 1 Cup
- 1 Pk Crackers- 1 oz G
- 1 Fruit Juice- ½ Cup



LUNCH:

- Milk-1 Cup
- 1 slice Bread and Butter
- 2 Yogurts- 2 oz M/MA
- 1 Fresh Fruit- 1/2 Cup



Milk - Pour 1 cup and place back in fridge after use

DAY 3

BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- 1 Hush Puppy- (3 oz G; 2 oz M/MA; 3/8 cup veg)
- 1 Fresh Fruit- 1/2 Cup



Milk - Pour 1 cup and place back in fridge after use



Hush Puppy- Keep refrigerated or frozen until use. Remove from packaging. Follow instructions on package.

DAY 4

BREAKFAST:

- Milk-1 Cup
- 1 slice Bread and Butter
- 1 Apple- ½ Cup



LUNCH:

- Milk-1 Cup
- 1 Cheese Blintz- 1 oz G; 1 oz M/MA
- 1 oz Nuts
- 1 Fresh Fruit- 1/2 Cup
- 1 Apple Juice- 1/2 Cup



Milk - Pour 1 cup and place back in fridge after use



Cheese Blintzes- Keep refrigerated or frozen until use. Remove from packaging.

DAY 5

BREAKFAST:

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



LUNCH:

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



Milk - Pour 1 cup and place back in fridge after use



Chicken Wing Meal - Keep frozen or refrigerated until use. Remove from packaging. Follow instructions on package; Place leftover in fridge or freezer.

DAY 6

BREAKFAST:

- Milk- 1 Cup
- 1 Pk Crackers- 1 oz G
- 1 Fruit Juice- ½ Cup



LUNCH:

- Milk-1 Cup
- 1 slice Bread and Butter
- 1 Vegetable & Cheese Frittata- (2 oz M/MA; ¼ cup veg)
- 1 Fresh Fruit- 1/2 Cup



Milk - Pour 1 cup and place back in fridge after use



Frittata- Keep frozen or refrigerated until use. Remove from packaging. Follow instructions on package.

DAY 7

BREAKFAST:

- Milk- 1 Cup
- 1 Breakfast Cereal- 1 oz G
- 1 Apple- ½ Cup



LUNCH:

- Milk-1 Cup
- ½ Container Chicken Wing Meal - (1 oz G; 2 oz M/MA; 3/8 cup veg)
- Fresh fruit or Veg- 1/2 Cup



Milk - Pour 1 cup and place back in fridge after use



Chicken Wing Meal - Keep refrigerated or frozen until use. Remove from packaging. Follow instructions on package.

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

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's temperature exceeds 70°F, it should 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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