



7 DAY MEAL PLAN & FOOD SAFETY GUIDE



WEEK 8 – 1 CHILD

INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than

40°F



Cheese, Empanada, Pizza Bagels, Chicken Meal, Mac n Beef

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, fresh should be cut into small pieces for children under 5, as they may pose a choking hazard.

DAY 1



BREAKFAST:

- Milk- 1 Cup
- 1-2 Slice Bread
- 1 pk Crackers
- 1 Tangerine Juice- ½ Cup
- Butter



LUNCH:

- Milk-1 Cup
- 1 Empanada - 2.5 oz G; 2 oz M/MA)
- 1 Apple- ½ Cup
- 1 Fresh Fruit- 1/2 Cup



DAY 2



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- 1-2 Slice Bread
- 2 oz Cheese
- 1 Fresh Fruit- 1/2 Cup
- 1 Fresh Fruit- 1/2 Cup
- Butter



DAY 3



BREAKFAST:

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



LUNCH:

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



DAY 4



BREAKFAST:

- Milk-1 Cup
- 1-2 Slice Bread
- Butter
- 1 Apple Juice- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 2 Pizza Bagels (- 3 oz G; 2 Oz M/MA)
- Blueberries- 1/4 Cup
- 1 Fresh Fruit- 1/2 Cup



DAY 5



BREAKFAST:

- Milk- 1 Cup
- 1 pk Crackers
- 1 Fruit Juice- ½ Cup



LUNCH:

- Milk-1 Cup
- 1 Container Mac n Beef - (1 oz G; 2 oz M/MA; ¾ cup veg)
- 1 Fresh Fruit- 1/2 Cup



DAY 6



BREAKFAST:

- Milk- 1 Cup
- 1-2 Slice Bread
- 1 Apple Juice- 1/2 Cup
- Butter



LUNCH:

- Milk-1 Cup
- ½ Container Chicken Cutlet 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
- 2 Pizza Bagels (- 3 oz G; 2 Oz M/MA)
- 1 Fresh Fruit- 1/2 Cup
- Blueberries- 1/4 Cup



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 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.

USDA and this institution are equal providers and employers.

© 2025 Sun Meals To-Go