



7 DAY MEAL PLAN & FOOD SAFETY GUIDE

WEEK 4 – 1 CHILD



INSTRUCTIONS FOR FOOD SAFETY UPON RECEIPT:



Milk

Store in fridge at less than **40°F**



Fish and Rice, Franks, Apple Empanada, Chicken Potpie

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. 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 Fruit Juice- ½ Cup



LUNCH:

- Milk-1 Cup
- 1 oz. Crackers
- 1 oz. Cheese
- 1.5 oz Nuts
- 1 Apple- ½ Cup
- Fresh Veg- 1/2 Cup



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

DAY 2



BREAKFAST:

- Milk- 1 Cup
- 1 Apple Empanada- 1.5 oz G; ½ Cup Fruit



LUNCH:

- Milk-1 Cup
- ½ Container Fish and Rice Meal - 2 oz G; 2 oz M/MA
- Tangerine Juice- 1/2 Cup
- 1 Carrots - 1/4 Cup



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



Apple Empanada, Fish and Rice Meal - Keep frozen until use. Remove from packaging. Follow instructions on package; Place leftover in fridge or freezer.

DAY 3



BREAKFAST:

- Milk- 1 Cup
- 1 Bun- 1.5 oz
- Butter
- 1 Berry Juice- ½ Cup



LUNCH:

- Milk-1 Cup
- 1 Pk Granola - 1 oz
- 2 Yogurts - 2 oz M/MA
- 1 Fresh Fruit- 1/2 Cup
- Tangerine Juice- 1/2 Cup



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

DAY 4



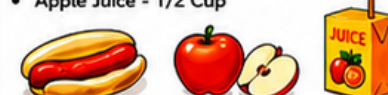
BREAKFAST:

- Milk-1 Cup
- 1 Breakfast Cereal- 1 oz G
- Fruit Juice- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 1 Frankfurter Bun- 1.5 oz
- 2 Franks - 3 oz M/MA
- 1 Fresh Fruit- 1/2 Cup
- Apple Juice - 1/2 Cup



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



Franks- Keep frozen until use. Remove from packaging. Follow instructions on package

DAY 5



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- ½ Container Fish and Rice Meal - 2 oz G; 2 oz M/MA
- 1 Fresh Fruit- 1/2 Cup
- 1 Carrots - 1/4 Cup



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



Fish and Rice Meal- Keep frozen until use. Remove from packaging. Follow instructions on package.

DAY 6



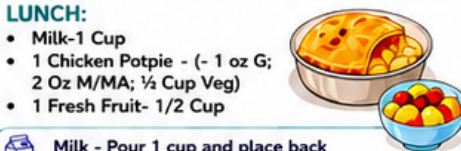
BREAKFAST:

- Milk-1 Cup
- 1 Bun- 1.5 oz
- Butter
- 1 Fresh Fruit- 1/2 Cup



LUNCH:

- Milk-1 Cup
- 1 Chicken Potpie - (- 1 oz G; 2 Oz M/MA; ½ Cup Veg)
- 1 Fresh Fruit- 1/2 Cup



Milk - Pour 1 cup and place back in fridge after use
Oatmeal- Remove from packaging. Follow instructions on package.
Chicken Potpie- Keep refrigerated until use. Remove from packaging. Follow instructions on package.

DAY 7



BREAKFAST:

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



LUNCH:

- Milk-1 Cup
- 1 Frankfurter Bun- 1.5 oz
- 2 Franks - 3 oz M/MA
- 1 Fresh Fruit- 1/2 Cup
- Fresh Veg- 1/2 Cup



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



Franks- Keep 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 at any point exceeds 70°F, it should be discarded immediately.



Hot food must be cooked or 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.

