

Traditions

15102 WEEK 1

5 PACK DIET WITH MILK

010 Breaded Pork Patty with Potatoes and Brussels Sprouts

086 Creamy Breaded Chicken Patty with Lima Beans and Mixed Vegetables

100 Meatballs with Rice & Gravy with Peas and Carrots and Cauliflower

053 Chicken Patty with BBQ Sauce with Cinnamon Flavored Sweet Potatoes and Broccoli

038 Beef Patty Strips & Gravy with Mixed Greens and Four Seasons Vegetables

PACKAGE ALSO INCLUDES:

4 100% WHOLE WHEAT BREAD:

Whole wheat flour, water, wheat gluten, sugar, yeast, soybean oil, salt, molasses, wheat bran, calcium propionate (preservative), datem, monoglycerides, calcium sulfate, cellulose gum, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grain vinegar, potassium iodate.
CONTAINS: WHEAT, SOY

1 CORNBREAD MUFFIN:

Water, bleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched white cornmeal (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, buttermilk powder, palm oil, partially hydrogenated soybean oil, sugar, dextrose, leavening (sodium aluminum phosphate, sodium and potassium bicarbonate), salt, modified wheat starch.
CONTAINS: WHEAT, MILK, SOY

5 MARGARINE CUPS:

See carton/package for ingredient and allergen information.

1 FRUIT PUNCH:

See carton/package for ingredient and allergen information.

1 GRAPE JUICE (Calcium Enriched):

See carton/package for ingredient and allergen information.

1 ORANGE JUICE (Calcium Enriched):

See carton/package for ingredient and allergen information.

1 RAISIN PACK:

See carton/package for ingredient and allergen information.

1 LEMON CRÈME COOKIE:

Wheat flour (fortified with iron, niacin, thiamin, riboflavin and folic acid), shortening, invert syrup, soy lecithin, iodized salt, sodium bicarbonate and ammonium bicarbonate (as leudants), corn starch, natural yellow color 9annatto color), natural/artificial vanilla flavor and natural artificial lemon flavor.

CONTAINS: WHEAT, SOY

1 VANILLA GOLDFISH GRAHAM:

See carton/package for ingredient and allergen information.

1 NON-FAT DRY MILK (5-PACK):

See carton/package for ingredient and allergen information.

5 Pack DIET – Week 1 – With Milk
Code: 15102

For complete, well-balanced meals follow the suggested menu.

Day 1	Day 2
Meal 010 Whole Wheat Bread Margarine Milk Grape Juice**	Meal 086 Whole Wheat Bread Margarine Milk Orange Juice**
Day 3	Day 4
Meal 100 Whole Wheat Bread Margarine Milk Lemon Crème Cookies	Meal 053 Whole Wheat Bread Margarine Milk Fruit Punch Vanilla Goldfish Grahams
Day 5	
Meal 038 Cornbread Muffin Margarine Milk Raisins	

**Calcium Enriched

Tips for Making and Using Non-Fat Dry Milk

- When mixing use very cold water to mix more easily. Use ice water if possible.
- Mix in a jar with a screw-top lid. Mix by shaking.
- Keep milk refrigerated. Milk tastes better when it is very cold.
- One, 5 day packet of milk is included. Mix to make 5, 8 oz servings of milk.

Traditions

General Instructions for Heating Frozen Meals

- Heating times for both microwave and regular ovens are given on the label of each meal. Follow these times and temperatures.
- Leave clear covering over meal. Pierce several small holes in clear cover with a fork or knife tip.
- Microwave ovens vary in power. Heat meal for shortest time listed, turning halfway through cooking. If meal is not heated thoroughly, continue heating. Heat meal to an internal temperature of 165 degrees.
- Remove meal from oven carefully. Let stand 2 minutes.
- Hold clear covering at one corner and tear across plate to remove. Be careful of escaping steam.

Juice, Pudding, Fruit Cups, Margarine Cups, Cookies, Bread Components

- All of the products, breads, cookies, crackers, juices, etc., contained in your meal kit have been frozen prior to their expiration dates. These products are still safe to eat since they have been frozen.
- Store all supplemental components (juice, pudding, fruit cup, margarine cups, cookies, and bread components) in refrigerator or freezer.
- Thaw supplemental components in refrigerator. Use or discard within 7 days from time product is placed in refrigerator to thaw.
- Do not thaw any meal component at room temperature.
- Do not refreeze any of the meal components.