

Fidelis Academy 2020-2021

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Week One					
	Milk Ages 1-5: 6 oz; Ages 6-18; 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cream Cheese	Turkey Sausage	Boiled Eggs		
	Vegetable/Fruit/Juice Ages 1-18; 1/2 c					
	Fruit or Vegetable Ages:1-18: 1/4 c	Apple Juice	Seasonal Fruit	Orange Wedges	Raisins	Bananas
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Cinnamon Raisin Bagel	Waffles	100% Whole Grain Toast	Cream of Wheat	Life Cereal	
L U N C H	Milk Ages 1-5 six oz; Ages 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Oven Roasted Chicken	Meatloaf	Chicken Alfredo	Beefaroni	Barbecue Chicken
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads	Fresh Roasted Sweet Potato	Broccoli	Sauteed Spinach and Tomatoes	Mixed Vegetables	Cole Slaw
	Fruit or Vegetable Ages: 1-18: 1/4 c	Glazed Mini Carrots	Seasonal Fruit	Applesauce	Oranges	Salad (Spinach, Romaine, Tomato, Cucumber)
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	100% Whole Grain Bread	Mashed Potatoes	Penne Pasta	100% Whole Grain Bread	100% Whole Grain Bread
S N A C K	Milk Ages 1-5: four oz. Ages 6-18: eight oz					
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz	Yogurt		String Cheese		Hummus
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c					
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c	Mixed Fruit	Apple Juice	100% Orange Juice	Apple Juice	100% Grape Juice
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		100% Whole Grain Wheat Thins	Corn Muffins	Saltine Crackers	Pita Chips