

Fidelis Academy 2020-2021

	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BR EA KF AS T	Milk Ages 1-5: 6 oz; Ages 6-18; 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz		Colby Cheese	Scramble Eggs		Cream Cheese
	Vegetable Ages 1-18; 1/2 c					
	Fruit or Vegetable Ages: 1-18: 1/4 c	Seasonal Fruit	Raisins	Orange Wedges	Raisins	Banana
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Frosted Mini Wheat Original Cereal	Oatmeal/ Whole Grain Toast	Whole Grain Toast	Cream of Wheat	Whole Grain Bagel
LU NC 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	Baked Ziti	Chicken Sub (Sauteed Diced Chicken, Onions, Green Bell Peppers)	Spaghetti with Meatballs	Beef Stir Fry	Turkey/Cheese Sub
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Seasonal Vegetable Sauteed	Lettuce, Tomatoes	Caesar Salad	Stir Fry Vegetable	Lettuce, Tomatoes, Onions
	Fruit or Vegetable Ages: 1-18: 1/4 c	Apple Slices	Pears	Peaches	Mandarin Oranges	Tropical Fruit
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Ziti Pasta	Sub Roll	Garlic Bread	100% Whole Grain Bread	Sub Roll
SN AC 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	Cheese Stick		Yogurt	
	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		Orange Juice	Red Grape Juice		Apple Juice
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Whole Grain Crackers (Wheat Thins)	Pretzels	Saltine Crackers	Graham Crackers	Blueberry Muffin