

Fidelis Academy 2020-2021

	Week Five	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	Boiled Eggs			Scrambled Eggs	
	Vegetable Ages 1-18; 1/2 c					
	Fruit or Vegetable Ages 1-18: 1/4 c	Orange Wedges	Cinnamon Apple	Peaches	Pears	Peaches
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Whole Grain Toast	Waffles	Cornmeal Porridge	Grits	Wheat Chex Cereal
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	Seasoned Diced Chicken	Arroz Con Pollo	Meatball Sub	Chicken Nuggets	Turkey with Cheese Wrap
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Mashed Sweet Potatoes	Sauteed Zucchini & Squash	Raw Sweet Bell Peppers	Carrots & Peas	Seasonal Vegetable
	Fruit or Vegetable Ages: 1-18: 1/4 c	Broccoli	Apple Slices	Pineapple Chunks	Apple Sauce	Peaches
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Soft Roll	Whole Grain Brown Rice	Whole Grain Sub Roll	Macaroni & Cheese	Whole Grain 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			Hazelnut Butter/ Cheese Spread
	Vegetable Ages 1-5: 1/2 c, Ages 6-18: 3/4 c		Cucumber Slices/ Ranch Dressing			Banana
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c	Apple Juice	Banana	Grape Juice	Orange Juice	Apple Juice
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Raisin Bread with Butter			Whole Grain Graham Crackers	