

Fidelis Academy 2020-2021						
BR EA KF AS T	Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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: 2oz		Turkey Sausage	Cream Cheese	Scrambled Eggs	
	Vegetable Ages 1-18; 1/2 c					
	Fruit or Vegetable Ages 1-18: 1/4 c	Apple Slices	Peaches	100% Apple Juice	Cinnamon Apple	Bananas
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Cinnamon Toast Sticks	Pancake/Syrup	Cinnamon Raisin Bagel	Whole Grain Toast	Kix 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	Chicken Stir Fry	Taco, Shredded Cheese	Cube Seasoned Beef	Stew Chicken	Sloppy Joes
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Stir Fry Vegetables	Corn, Shredded Lettuce, Tomatoes, Onions	Vegetable Stew	Mixed Vegetables	Salad (Spinach, Lettuce, Tomatoes)
	Fruit or Vegetable Ages: 1-18: 1/4 c	Seasonal Fruit	Mixed Fruit	Black Beans	Apple Sauce	Carrots
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Whole Grain Egg Noodles	Tortilla, Whole Grain Brown Rice	Whole Grain Brown Rice	Mashed Potato	Bun
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			Sliced Turkey		Hazelnut Butter/ Cheese Spread
	Vegetable Ages 1-5: 1/2 c, Ages 6-18: 3/4 c				Carrot Sticks with Ranch Dressing	
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c	Peaches	Orange Wedges		Apple Juice	Grape Juice
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Cheese Crackers	Animal Crackers	100% Whole Grain Bread		Whole Grain Pita Bread