

Fidelis Academy 2020-2021

	Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brea	Milk Ages 1-5: 6 oz; Ages 6-18; 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Colby Cheese	Cream Cheese	Scrambled Eggs	
	Vegetable/Fruit/Juice Ages 1-18; 1/2 c				Hash Browns	
	Fruit or Vegetable Ages: 1-18: 1/4c	Peaches	Raisin	Orange Juice	100% Apple Juice	Pears
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Cornmeal Porridge	Oatmeal/ 100% Whole Grain Toast	100% Whole Grain Cinnamon Raisin Bagel		Wheat Chex Cereal
Lun	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Chicken Nuggets	Ground Turkey	Barbecue Meatballs	Seasoned Diced Chicken	Turkey and Swiss Wrap
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Peas and Carrots	Steamed Broccoli	Green Beans	Green Bell Peppers, Onions	Lettuce/ Tomatoes
	Fruit or Vegetable Ages: 1-18: 1/4 c	Mandarin Oranges	Applesauce	Seasonal Fruit	Black Beans	Apple Slices
	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 /with Butter	Spaghetti	Macaroni & Cheese	Whole Grain Brown Rice	Whole Grain Bread
Snac	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		String Cheese	Hazelnut Butter/Cheese Spread		Yogurt
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c			Broccoli Florets/ Ranch Dressing		
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c	100% Apple Juice	100% Grape Juice	Apple Slices	Orange Juice	
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Wheat Thin Crackers	Crackers			Animal Cracker