

FOOD AND NUTRITION SERVICES
 Fairfax County Public Schools
INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU
APRIL 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	3 Yogurt 8 oz. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	4 Hard Boiled Egg 2 ea Bagel 1 ea Cream Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	5 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	6 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Banana 1 ea Spikerz Ranch 1 ea Cracker Bites	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	String Cheese 1 ea Cheddar Goldfish Crackers 1 ea	Turkey Dinner Roll (1.3 oz.) 2 oz. 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.
BREAKFAST	9 Low Fat Cottage Cheese ½ c Cheese 1 ea Cheerios ½ ea English Muffin 1 ea Margarine ½ c Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk	10 Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	11 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	12 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	13 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea	Banana 1 ea. Wheat Thins 1 ea.	Turkey and Cheese on Dinner Roll (1.3 oz.) 1 oz. 2 ea 1 ea	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Nabisco Animal Crackers 1 oz. Milk ½ pt.
BREAKFAST	16 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	17 Yogurt 8 oz. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	18 Hard Boiled Egg Bagel Cream Cheese Applesauce Chilled Fruit 100% Juice Milk	19 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	20 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Banana 1 ea Wheat Thins 1 ea	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	String Cheese 1 ea. Cheddar Goldfish Crackers 1 ea.	Turkey Dinner Roll (1.3 oz.) 2 oz. 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.
BREAKFAST	23 Low Fat Cottage Cheese ½ c Cheese 1 ea Cheerios ½ ea English Muffin 1 ea Margarine 1 ea Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk	24 Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	25 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	26 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	27 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea	Banana 1 ea. Spikerz Ranch Cracker Bites 1 ea.	Turkey and Cheese on Dinner Roll (1.3 oz.) 1 oz. 2 ea 1 ea	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Wheat Thins 1 ea Milk ½ pt.

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BREAKFAST	30				
	String Cheese	1 ea			
	English Muffin	1 ea			
	Sun Butter	2 T			
	Applesauce	½ c			
	Chilled Fruit	½ c			
	100% Juice	4 oz.			
SNACK	Milk	½pt.			
	Banana				
	Spikerz Ranch	1 ea			
	Cracker Bites	1 ea			

3/2018

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INSIGHT AND ADULT DAY HEALTH LUNCH MENU
April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salisbury Steak w/ Gravy 1 ea. Whipped Potatoes w/ Gravy ½ c Steamed Green Beans ½ c WG Biscuit 1 ea. Sliced Apples ½ c Milk, Variety ½ pt.	3 WG Penne Pasta 2/3 c w/ Meat Sauce 1 c California Vegetable Blend ½ c Three Bean Salad ½ c WG Dinner Roll 1 ea. w/ Margarine 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.	4 Breaded Pollock (aside) WG Biscuit 1 ea. Tartar Sauce and Lemon Juice 1 ea. Campbell's Minestrone Soup 1 c Vegetarian Baked Beans ½ c Catsup 1 ea. Chilled Pears ½ c Milk, Variety ½ pt.	5 Orange Chicken (over) 3/8 c WG Lo Mein Noodles 1 c Steamed Broccoli ½ c Oriental Vegetable Blend ½ c Chilled Peaches ½ c Milk, Variety ½ pt.	6 Stuffed Green Pepper (Beef) 1 ea. w/ Shredded Cheese ½ c (over) Brown Rice ½ c Steamed Golden Corn ½ c Steamed Carrots ½ c WG Dinner Roll w/ Margarine 1 ea. Chilled Pears ½ c Milk, Variety ½ pt.
Cheese Pan Pizza (V)	Pasta w/ Marinara and Mozzarella (V)	Black Bean Burger (V)	Cheese Pan Pizza (V)	Baked Croissant w/ Cheese (V)
9 Beef Teriyaki 4 ea. (over) Brown Rice ½ c Garden Vegetable Blend ½ c Steamed Spinach ½ c WG Dinner Roll w/ Margarine 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.	10 Oven Fried Chicken 2 ea. Macaroni and Cheese ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. Steamed Zucchini ½ c Sliced Apples ½ c Milk, Variety ½ pt.	11 Meatloaf 1 ea. w/ Beef Gravy 2 oz Whipped Potatoes w/Gravy ½ c Vegetarian Baked Beans ½ c WG Dinner Roll w/ Margarine 1 ea. Orange (Quartered) 1 ea. Milk, Variety ½ pt.	12 Stuffed Cabbage Roll (Beef) w/ Sce 1 ea. over Brown Rice ½ c Chili Beans ½ c Steamed Green Beans ½ c Chilled Pears ½ c Milk, Variety ½ c ½ pt.	13 Chicken Broccoli Alfredo w/ WG ½ c / Penne Pasta ½ c Garden Vegetables ½ c Steamed Carrots ½ c WG Garlic Toast 1 ea. Chilled Peaches ½ c Milk, Variety ½ pt.
Black Bean Burger (V)	Cheese Pan Pizza (V)	Pasta w/ Marinara and Mozzarella (V)	Baked Croissant w/ Cheese (V)	Vegetarian Chili w/ Brown Rice (V)
16 Stuffed Salmon 1 ea. Tartar Sauce and Lemon Juice 1 ea. Baby Baker Potatoes ½ c Corn and Black Bean Salad ½ c WG Biscuit (2 oz.) 1 ea. Chilled Pears ½ c Milk, Variety ½ pt.	17 Roast Turkey and Gravy 3 oz. Stuffing ½ c Steamed Spinach ½ c Seasoned Sweet Potatoes ½ c WG Dinner Roll w/ Margarine 1 ea. Chilled Melon Cubes ½ c Milk, Variety ½ pt.	18 WG Penne Pasta w/ 2/3 c Chicken Parmesan 1 ea. California Vegetable Blend ½ c Three Bean Salad ½ c WG Dinner Roll w/ Margarine 1 ea. Chilled Mandarin Oranges ½ c Milk, Variety ½ pt.	19 Fish on WG Bun 1 ea. Tartar Sauce and Lemon Juice 1 ea. Tomato Soup/MOW Mixed Veg 1 c / ½ c Green Salad Mix ½ c Cucumber Slices ½ c Salad Dressing 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.	20 Chicken Cordon Bleu (w/ Ham) 1 ea. w/ Whipped Potatoes ½ c Green Peas ½ c Biscuit w/ Margarine 1 ea. Orange (Quartered) 1 ea. Milk, Variety ½ pt.
Baked Croissant w/ Cheese (V)	Vegetarian Chili w/ Brown Rice (V)	Black Bean Burger (V)	Pasta w/Marinara and Mozzarella (V)	Veggie Pinwheel w/Marinara Sauce (V)
23 Oven Fried Chicken 2 ea. Baked Beans ½ c Garden Vegetables ½ c WG Dinner Roll w/ Margarine 1 ea. Sliced Apples ½ c Milk, Variety ½ pt.	24 Salisbury Steak w/ Gravy 4 oz with Noodles ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. Steamed Lima Beans ½ c WG Dinner Roll w/ Margarine 1 ea. Chilled Mandarin Oranges ½ c Milk, Variety ½ pt.	25 Chicken Teriyaki ½ c (over) Low Mein Noodles ½ c California Vegetable Blend ½ c Steamed Spinach ½ c WG Dinner Roll 1 ea. Chilled Pears 1 ea. Milk, Variety ½ pt.	26 Chicken Broccoli Alfredo w/ WG ½ c / Penne Pasta ½ c Steamed Zucchini ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. Garlic Toast 1 ea. Chilled Peaches ½ c Milk, Variety ½ pt.	27 Meatloaf 1 ea. w/ Beef Gravy 2 oz Whipped Potatoes w/Gravy ½ c Steamed Green Beans ½ c WG Dinner Roll w/ Margarine 1 ea. Orange (Quartered) 1 ea. Milk, Variety ½ pt.
Pasta w/Marinara and Mozzarella (V)	Black Bean Burger (V)	Vegetarian Chili w/ Brown Rice (V)	Veggie Pinwheel w/Marinara Sauce (V)	Black Bean Burger (V)
30 Fish Taco on Loco Bread 1 ea. Tartar Sauce and Lemon Juice 1 ea. Corn and Black Bean Salad ½ c Steamed Broccoli ½ c Chilled Pineapple ½ c Milk, Variety ½ pt.				
Veggie Pinwheel w/Marinara (V)				

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MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
BAG LUNCH	Tuna Salad on Croissant	1 ea.	Turkey-Ham and Cheese on Bun	1 ea.	Egg Salad on Croissant	1ea.	Asian Chicken Wrap	1ea.	Turkey & Swiss Cheese on Croissant	1 ea.				
	Three Bean Salad	½ c	Mayonnaise and Mustard	1 ea.	Green Salad Mix	3/8 c	Green Salad Mix	3/8 c	Mayonnaise and Mustard	1 ea.				
	Chilled Peaches	½ c	Cucumber and Radish Slices	½ c	Sliced Tomatoes	1/3 c	Shredded Carrots	1 ea.	Cucumber Slices and Carrot Coins	½ c				
	Orange (Quartered)	1 ea.	Hummus	1 ea	Dressing	1 ea.	Orange (Quartered)	1 ea.	Hummus	1 ea				
	Milk	½ pt.	Apple Slices	½ c	Corn and Black Bean Salad	½ c	Apple Slices	½ c	Banana	1 ea				
			Milk	½ pt.	Banana	1ea.	Milk	½ pt.	Banana	1 ea				
					Milk	½ pt.			Milk	½ pt.				
CHEF SALAD	CAESAR CHICKEN		EGG & CHEESE		SOUTHWEST CHICKEN		APPLE CRANBERRY CHICKEN		TACO SALAD					
	Romaine	3 oz.	Salad Mix	3 oz.	Salad Mix	3 oz.	Salad Mix	3 oz.	Salad Mix	3 oz.				
	Grilled Chicken	1/3 c	Hardboiled Egg	1 ea.	Grilled Chicken Breast	1ea.	Grilled Chicken	1ea.	Beef and Bean Chili	½ c				
	Parmesan Cheese	1/8 c	Grated Cheese Blend	¼ c	Tortilla Strips	2 oz.	Dried Cranberries	¼ c	Grated Cheese Blend	¼ c				
	Caesar Dressing	1 ea.	Cherry Tomatoes	2 ea.	Cherry Tomatoes	2 ea.	Apple Slices	½ c	Cherry Tomatoes	2 ea.				
	Oatmeal Round	1 ea.	Cucumber Slices	2 ea.	Ranch Dressing	1 ea.	Honey Mustard Poppy		Cucumber Slices	2 ea.				
	Orange (Quartered)	1 ea.	Peas	¼ c	Tostitos Chips	1 ea.	Seed Dressing	1 ea.	Shredded Carrots	¼ c				
	Milk	½ pt.	Shredded Carrots	⅞ c	Mandarin Oranges	½ c	Banana Bread	1 ea.	Tortilla Chips	2 oz.				
			Tortilla Chips	2 oz.	Milk	1 pt.	Orange (Quartered)	1 ea.	Ranch Dressing Cup	1 ea.				
			Ranch Dressing Cup	1 ea.			Milk	1 pt.	Banana	1 ea.				
		Apple Slices	½ c					Milk	1 pt.					
		Milk	1 pt.											
FRUIT SALAD	Cottage Cheese	½ c	Yogurt	4 oz.	Cottage Cheese	½ c	Yogurt	4 oz.	Cottage Cheese	½ c				
	String Cheese	1 ea.	Dinner Roll	1 ea.	String Cheese	1 ea.	Banana Bread	1 ea.	String Cheese	1 ea.				
	Oatmeal Raisin	1 ea.	Margarine	1 ea.	Tortilla Chips	2 oz.	Sliced Fresh Fruit	1 c	Tortilla Chips	2 oz.				
	Round		Sliced Fresh Fruit	1 c	Sliced Fresh Fruit	1 c	Apple Slices	½ c	Sliced Fresh Fruit	1 c				
	Sliced Fresh Fruit	1 c	Apple Slices	½ c	Banana	1 ea.	Milk	½ pt.	Banana	1 ea.				
	Orange (Quartered)	1 ea.	Milk	½ pt.	Milk	½ pt.			Milk	½ pt.				
	Milk	½ pt.												
MEALS ON WHEELS DINNER MENU														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Caesar Chicken Salad			Fruit Salad			Box Lunch			Apple Cranberry Chicken Salad			Box Lunch		