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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					1 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½pt.
SNACK					Banana 1 ea French Toast Goldfish 1 ea
BREAKFAST	4 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Banana 1 ea 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 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.	7 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	8 Hard Boiled Egg 2 ea. Cheerios 1 ea English Muffin ½ ea Margarine 1 ea Applesauce 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	Turkey Dinner Roll (1.3 oz.) 2 oz. 1 ea.	String Cheese Cheddar Goldfish Crackers 1 ea. 1 ea.	Linden Chocolate Chippers 1 ea. Milk ½ pt	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea
BREAKFAST	11 Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream 1 ea Cheese ½ c Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk	12 String Cheese 1 ea English Muffin ½ ea Rice Chex Cereal 1 ea. Sun Butter 2 T Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	13 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	14 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	15 String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½pt.
SNACK	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. Sliced Seasonal Fresh Fruit ½ c	Wheat Thins 1 ea String Cheese 1 ea	Banana 1 ea French Toast Goldfish 1 ea
BREAKFAST	18 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	19 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	20 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.	21 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	22 Hard Boiled Egg 2 ea. Cheerios 1 ea English Muffin ½ ea Margarine 1 ea Applesauce 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	Turkey Dinner Roll (1.3 oz.) 2 oz. 1 ea.	String Cheese Cheddar Goldfish Crackers 1 ea. 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea

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

	25	26	27	28	29
BREAKFAST	Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream 1 ea Cheese ½ c Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk	String Cheese 1 ea English Muffin ½ ea Rice Chex Cereal 1 ea. Sun Butter 2 T Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	String Cheese 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½pt.
SNACK	Banana 1 ea. Wheat Thins 1 ea.	Turkey 1 oz. and Cheese on 2 ea Dinner Roll (1.3 oz.) 1 ea	Linden Chocolate Chippers 1 ea. Sliced Seasonal Fresh Fruit ½ c	Wheat Thins 1 ea String Cheese 1 ea	Banana 1 ea French Toast Goldfish 1 ea

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FOOD AND NUTRITION SERVICES
Fairfax County Public Schools
SENIOR NUTRITION AND ADULT DAY HEALTH LUNCH MENU
June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Broccoli Alfredo w/ WG Penne ½ c / Pasta ½ c Garden Vegetables ½ c Green Salad Mix 3/8 c Cucumbers 1/3 c Salad Dressing 1 ea WG Garlic Toast 1 ea Chilled Peaches 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)**
4 Meatloaf 1 ea. w/ Beef Gravy 2 oz Whipped Potatoes w/Gravy ½ c Steamed Green Beans ½ c WG Biscuit (2 oz.) w/ Margarine 1 ea. Orange (Quartered) 1 ea. Milk, Variety ½ pt	5 Fish Taco on WG 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	6 Oven Fried Chicken 2 ea Baked Beans ½ c California Vegetable Blend ½ c WG Dinner Roll w/ Margarine 1 ea Sliced Watermelon ½ c Milk, Variety ½ pt.	7 Stuffed Cabbage Roll (Beef) w/ Sauce 1 ea over Brown Rice ½ c Steamed Carrots 3/8 c Green Salad Mix 1/3 c Shredded Carrots 1 ea Salad Dressing ½ c Chilled Pears ½ pt. Milk, Variety	8 Meatballs w/ Gravy 5 ea/2 oz. Whipped Potatoes ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. WG Biscuit (2 oz.) 1 ea. Sliced Apples ½ c. Milk, Variety ½ pt
Black Bean Burger (V)	**Cheese Pan Pizza (V)**	Pasta w/ Marinara and Mozzarella (V)	**Mini Cheese Calzones (V)**	Vegetarian Chili w/ Brown Rice (V)
11 Oven Fried Chicken 2 ea. Corn and Black Bean Salad ½ c Steamed Broccoli ½ c Fresh Melon ½ c Milk, Variety ½ pt.	12 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.	13 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	14 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	15 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.
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)**
18 Stuffed Green Pepper (Beef) 1 ea w/ Shredded Cheese ½ c (over) Brown Rice ½ c Chili Beans ½ c Steamed Carrots ½ c WG Dinner Roll w/ Margarine 1 ea Chilled Pears ½ c Milk, Variety ½ pt.	19 Korean BBQ Chicken 3/8 c (over) Brown Rice ½ c Garden Vegetable Blend ½ c Steamed Spinach ½ c WG Dinner Roll w/ Margarine 1 ea Watermelon ½ c Milk, Variety ½ pt.	20 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	21 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	20 Chicken Cordon Bleu (w/ Ham) 1 ea. Over Brown Rice ½ c Steamed Corn ½ c Steamed Green Beans ½ c Biscuit 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)**
25 Chicken Broccoli Alfredo w/ WG ½ c / Penne Pasta ½ c Steamed Carrots ½ c Garden Vegetables ½ c WG Garlic Toast 1 ea Chilled Peaches ½ c Milk, Variety ½ pt	26 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.	27 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.	28 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 /1 ea Chilled Mandarin Oranges ½ c Milk, Variety ½ pt.	29 Oven Fried Chicken 2 ea. w/ Whipped Potatoes ½ c Green Salad Mix 3/8 c Carrots 1/3 c Salad Dressing 1 ea WG Corn Muffin 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt
Black Bean Burger (V)	**Cheese Pan Pizza (V)**	**Veggie Pinwheel w/Marinara (V)**	**Black Bean Burger (V)**	**Baked Croissant w/ Cheese (V)**

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FOOD AND NUTRITION SERVICES
Fairfax County Public Schools
SENIOR NUTRITION AND ADULT DAY HEALTH LUNCH MENU
June 2018

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BAG LUNCH	Tuna Salad on Croissant Three Bean Salad Chilled Peaches Orange (Quartered) Milk	1 ea. ½ c ½ c 1 ea. ½ pt.	Turkey-Ham and Cheese on Bun Mayonnaise and Mustard Cucumber and Radish Slices Hummus Apple Slices Milk	1 ea. 1 ea. ½ c 1 ea ½ c ½ pt.	Egg Salad on Croissant Green Salad Mix Sliced Tomatoes Dressing Corn and Black Bean Salad Banana Milk	1ea. 3/8 c 1/3 c 1 ea. ½ c 1ea. ½ pt.	Asian Chicken Wrap Green Salad Mix Shredded Carrots Dressing Orange (Quartered) Apple Slices Milk	1ea. 3/8 c 1/3 c 1 ea. 1 ea. ½ c ½ pt.	Turkey & Swiss Cheese on Croissant Mayonnaise and Mustard Cucumber Slices and Carrot Coins Hummus Banana Milk	1 ea. 1 ea. ½ c ½ c 1 ea 1 ea ½ pt.
CHEF SALAD	**CAESAR CHICKEN** Romaine Grilled Chicken Parmesan Cheese Caesar Dressing Oatmeal Round Orange (Quartered) Milk	3 oz. 1/3 c 1/8 c 1 ea. 1 ea. 1 ea. ½ pt.	**EGG & CHEEESE** Salad Mix Hardboiled Egg Grated Cheese Blend Cherry Tomatoes Cucumber Slices Peas Shredded Carrots Tortilla Chips Ranch Dressing Cup Apple Slices Milk	3 oz. 1 ea. ¼ c 2 ea. 2 ea. ¼ c ⅛ c 2 oz. 1 ea. ½ c 1 pt.	**SOUTHWEST CHICKEN** Salad Mix Grilled Chicken Breast Tortilla Strips Cherry Tomatoes Ranch Dressing Tostitos Chips Mandarin Oranges Milk	3 oz. 1ea. 2 oz. 2 ea. 1 ea. 1 ea. ½ c 1 pt.	**APPLE CRANBERRY CHICKEN** Salad Mix Grilled Chicken Dried Cranberries Apple Slices Honey Mustard Poppy Seed Dressing Banana Bread Orange (Quartered) Milk	3 oz. 1ea. ¼ c ½ c 1 ea. 1 ea. 1 ea. 1 pt.	**TACO SALAD** Salad Mix Beef and Bean Chili Grated Cheese Blend Cherry Tomatoes Cucumber Slices Shredded Carrots Tortilla Chips Ranch Dressing Cup Banana Milk	3 oz. ⅓ c ¼ c 2 ea. 2 ea. ¼ c 2 oz. 1 ea. 1 ea. 1 pt.
FRUIT SALAD	Cottage Cheese String Cheese Oatmeal Raisin Round Sliced Fresh Fruit Orange (Quartered) Milk	½ c 1 ea. 1 ea. 1 c 1 ea. ½ pt.	Yogurt Dinner Roll Margarine Sliced Fresh Fruit Apple Slices Milk	4 oz. 1 ea. 1 ea. 1 c ½ c ½ pt.	Cottage Cheese String Cheese Tortilla Chips Sliced Fresh Fruit Banana Milk	½ c 1 ea. 2 oz. 1 c 1 ea. ½ pt.	Yogurt Banana Bread Sliced Fresh Fruit Apple Slices Milk	4 oz. 1 ea. 1 c ½ c ½ pt.	Cottage Cheese String Cheese Tortilla Chips Sliced Fresh Fruit Banana Milk	½ c 1 ea. 2 oz. 1 c 1 ea. 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**

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