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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				1 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	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.
SNACK				Turkey 1 oz. and Cheese on 2 ea Dinner Roll (1.3 oz.) 1 ea	Spikerz Ranch Cracker 1 ea Bites Milk ½ pt
BREAKFAST	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.	8 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	26 Low Fat Cottage Cheese ½ c Cheerios 1 ea English Muffin ½ ea Margarine 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Sliced Seasonal ½ c Fresh Fruit ½ c Cottage Cheese	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	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish 1 ea Crackers
BREAKFAST	Yogurt Mini Bagels w/ 8 oz. 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 Applesauce ½ c 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.	16 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	17 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.	Nabisco Animal Crackers 1 oz. Milk 1 ea ½ pt	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Turkey 1 oz. and Cheese on 2 ea Dinner Roll (1.3 oz.) 1 ea	Banana Spikerz Ranch Cracker 1 ea Bites 1 ea
BREAKFAST	19 **PRESIDENT'S DAY**	20 Yogurt 8 oz. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	21 Hard Boiled Egg Bagel Cream Cheese Applesauce Chilled Fruit 100% Juice Milk	22 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	23 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt
SNACK		Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	String Cheese Cheddar Goldfish Crackers	Turkey Dinner Roll 2 oz. (1.3 oz.) 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt

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BREAKFAST	26 Low Fat Cottage ½ c Cheese 1 ea Cheerios ½ ea English Muffin 1 ea Margarine 1 ea Banana ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk		27 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.		28 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		
SNACK	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish 1 ea Crackers		Banana 1 ea. Spikerz Ranch Cracker Bites 1 ea.		Wheat Thins Milk 1 ea ½ pt		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Stuffed Salmon 1 ea. Tartar Sauce and Lemon Juice 1 ea. Baby Baker Potatoes ½ c Corn and Black Bean Salad ½ c WG Corn Muffin 1 ea. Chilled Pears ½ c Milk, Variety ½ pt.	2 Roast Turkey and Gravy 3 oz. WG Stuffing ½ c Steamed Green Beans ½ c Seasoned Sweet Potatoes ½ c WG Dinner Roll w/ Margarine 1 ea. Chilled Melon Cubes ½ c Milk, Variety ½ pt.
			Cheese Pan Pizza (V)	**Baked Croissant w/ Cheese (V)**
5 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 /1 ea Milk, Variety ½ c ½ pt.	6 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 ⅜ c Cucumber Slices ⅓ c Salad Dressing 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.	7 Stuffed Green Pepper (Beef) 1 ea w/ Shredded Cheese ½ c (over) Brown Rice ½ c Red Beans ½ c Steamed Carrots ½ c WG Dinner Roll w/ Margarine 1 ea Chilled Pears ½ c Milk, Variety ½ pt.	8 Salisbury Steak w/ Gravy 4 oz with WG 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	9 Orange Chicken (over) 3/8 c WG Lo Mein Noodles 1 c Steamed Broccoli ½ c Oriental Vegetable Blend ½ c Warm Cinnamon Apples ½ c Milk, Variety ½ pt.
Vegetarian Chili w/ Brown Rice (V)	**Veggie Pinwheel w/Marinara Sauce (V)**	**Black Bean Burger (V)**	**Baked Croissant w/ Cheese (V)**	**Pasta w/Marinara and Mozzarella (V)**
12 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	13 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.	14 Breaded Tilapia 1 ea Brown Rice 1 c 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	15 Meatloaf 1 ea. w/ Beef Gravy 2 oz Whipped Potatoes w/Gravy ½ c Steamed Green Beans ½ c WG Dinner Roll 1 ea. Orange (Quartered) 1 ea. Milk, Variety ½ pt	16 Veggie Chili 1 c WG Corn Muffin 1 ea Steamed Zucchini ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea Chilled Peaches ½ c Milk, Variety ½ pt.
Baked Croissant w/ Cheese (V)	**Vegetarian Chili w/ Brown Rice (V)**	**Veggie Pinwheel w/Marinara Sauce (V)**	**Black Bean Burger (V)**	**Cheese Pan Pizza (V)**
19 **President's Day**	20 Stuffed Cabbage Roll (Beef) w/ Sauce 1 ea over Brown Rice ½ c Steamed Carrots ½ c Steamed Green Beans ½ c Chilled Pears ½ c WG Dinner Roll w/ Margarine ½ c Milk, Variety 1 ea ½ pt.	21 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 Corn Muffin 1 ea. Chilled Peaches ½ c. Milk, Variety ½ pt	22 Chicken Fillet on Bun 1 ea. Mayo / BBQ Sauce 1 ea. Corn and Black Bean Salad ½ c Steamed Broccoli ½ c Chilled Pineapple ½ c Milk, Variety ½ pt.	6 Fish on Bun 1 ea. Tartar Sauce and Lemon Juice 1 ea. Tomato Soup/MOW Mixed Veg 1 c Green Salad Mix ⅜ c Cucumber Slices ⅓ c Salad Dressing 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.
Veggie Pinwheel w/Marinara (V)	**Black Bean Burger (V)**	**Vegetarian Chili w/ Brown Rice (V)**	**Cheese Pan Pizza (V)**	**Black Bean Burger (V)**
26 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	27 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.	28 Oven Fried Chicken 2 ea Baked Beans ½ c Steamed Spinach ½ c WG Dinner Roll w/ Margarine 1 ea Sliced Apples ½ c Milk, Variety ½ pt.	1 Stuffed Green Pepper (Beef) 1 ea w/ Shredded Cheese (over) ½ c WG Corn Muffin 1 ea Sweet Potatoes ½ c Green Salad Mix 3/8 c Cucumber Slices, Salad Dressing 1/3 c/1 ea Chilled Pears ½ c Milk, Variety ½ pt.	2 Breaded Pollock (aside) Biscuit 1 ea Tartar Sauce and Lemon Juice 1 ea Campbell's Minestrone Soup/MOW 1 c/ Mixed Veg ½ c Vegetarian Baked Beans ½ c Catsup 1 ea Orange (Quartered) 1 ea Milk, Variety ½ pt
Pasta w/ Marinara and Mozzarella (V)	**Black Bean Burger (V)**	**Cheese Pan Pizza (V)**	**Baked Croissant w/ Cheese (V)**	Veggie Pinwheel w/Marinara (V)

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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	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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