

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	2 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	3 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.	4 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	5 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 1 ea. Cheddar Goldfish Crackers 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea
BREAKFAST	8 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	9 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.	10 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	11 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	12 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	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 ea. Sliced Seasonal Fresh Fruit ½ c	Wheat Thins 1 ea String Cheese 1 ea	Banana 1 ea French Toast Goldfish 1 ea
BREAKFAST	15 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Banana 1 ea 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 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.	18 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	19 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 1 ea. Cheddar Goldfish Crackers 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea
BREAKFAST	22 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	23 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.	24 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	25 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	26 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	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 ea. Sliced Seasonal Fresh Fruit ½ c	Wheat Thins 1 ea String Cheese 1 ea	Banana 1 ea French Toast Goldfish 1 ea

“This institution is an equal opportunity provider.”

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INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU
October 2018

BREAKFAST	29		30		31		
	Hard Boiled Egg	2 ea.	Yogurt	8 oz.	Hard Boiled Egg	2 ea	
	Mini Pancakes	1 ea	Oatmeal	2 ea.	Bagel	1 ea	
	Banana	1 ea	Applesauce	½ c	Cream Cheese	1 ea	
	Chilled Fruit	½ c	Chilled Fruit	½ c	Applesauce	½ c	
	100% Juice	4 oz.	100% Juice	4 oz.	Chilled Fruit	½ c	
SNACK	Milk	½ pt.	Milk	½ pt.	100% Juice	4 oz.	
					Milk	½ pt.	
	Sliced Seasonal		Turkey		String Cheese		
	Fresh Fruit	½ c	Dinner Roll	2 oz.	Cheddar Goldfish Crackers	1 ea.	
	Cottage Cheese	½ c	(1.3 oz.)	1 ea.		1 ea.	

9/2018

FOOD AND NUTRITION SERVICES
Fairfax County Public Schools
SENIOR NUTRITION LUNCH MENU
October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/1 Meatballs w/ Gravy Whipped Potatoes w/ Gravy Green Salad Mix Shredded Cucumbers, Salad Dressing WG Biscuit w/ Margarine Sliced Apples Milk, Variety Falafel Ranch Flatbread (V)	10/2 Breaded Pollock (aside) WG Biscuit Tartar Sauce and Lemon Juice Campbell's Minestrone Soup Steamed Broccoli Ketchup Chilled Pears Milk, Variety Rainbow Pizza (V)	10/3 Stuffed Green Pepper (Beef) w/ Shredded Cheese (over) WG Brown Rice Vegetarian Baked Beans Steamed Carrots WG Dinner Roll w/ Margarine Chilled Pears Milk, Variety Rice, Bean & Cheese Empanada (V)	10/4 Korean BBQ Chicken (over) Brown Rice Garden Vegetable Blend Steamed Spinach WG Dinner Roll w/ Margarine Seasonal Fresh Fruit Milk, Variety Black Bean Burger (V)	10/5 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Zucchini WG Dinner Roll w/ Margarine Orange (sliced) Milk, Variety Pasta w/Marinara & Mozzarella (V)
10/8 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Fresh Melon Milk, Variety Baked Croissant w/ Cheese (V)	10/9 Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Steamed Corn, Steamed Green Beans WG Dinner Roll w/ Margarine Chilled Pears Milk, Variety Rainbow Pizza (V)	10/10 Korean BBQ Beef (over) WG Brown Rice Green Salad Mix Shredded Carrots, Salad Dressing Oriental Vegetable Blend Orange (sliced) Milk, Variety Black Bean Burger (V)	10/11 Oven Fried Chicken Baked Beans Green Salad Mix Sliced Cucumber, Salad Dressing WG Biscuit w/ Margarine Banana Milk, Variety Rice, Bean & Cheese Empanada (V))	10/12 Roast Turkey and Gravy Stuffing Steamed Spinach Seasoned Sweet Potatoes WG Dinner Roll w/ Margarine Baked Apples Milk, Variety French Bread Cheese Pizza (V)
10/15 WG Penne Pasta w/ Chicken Parmesan California Vegetable Blend Three Bean Salad WG Breadstick/Margarine Chilled Mandarin Oranges Milk, Variety Black Bean Burger (V)	10/16 Beef and Cheese Tortilla Wrap Green Salad Mix Radishes Salad Dressing Corn and Black Bean Salad Seasonal Fresh Fruit Milk, Variety Baked Croissant w/ Cheese (V)	10/17 Fish on WG Bun Tartar Sauce and Lemon Juice Tomato Soup Green Salad Mix Cucumber Slices Salad Dressing Seasonal Fresh Fruit Milk, Variety Pasta w/ Marinara & Mozzarella (V)	10/18 Chicken Broccoli Alfredo w/ WG Penne Pasta Steamed Lima Beans Garden Vegetables WG Garlic Toast Chilled Peaches Milk, Variety Falafel Ranch Flatbread (V)	10/19 Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Carrots WG Biscuit w/ Margarine Chilled Mandarin Oranges Milk, Variety Rainbow Pizza (V)
10/22 Chicken Teriyaki (over) Low Mein WG Noodles Oriental Vegetable Blend Steamed Zucchini WG Dinner Roll Chilled Pears Milk, Variety Pasta w/Marinara and Mozzarella (V)	10/23 Stuffed Green Pepper (Beef) w/Shredded Cheese(over) Brown Rice Green Salad Mix Shredded Carrots, Salad Dressing Garden Vegetable Blend WG Dinner Roll w/ Margarine Seasonal Fresh Fruit Milk, Variety Black Bean Burger (V)	10/24 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Carrots WG Biscuit (2 oz.) w/ Margarine Orange (sliced) Milk, Variety Rice, Bean & Cheese Empanada (V)	10/25 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Chilled Pineapple Milk, Variety Mini Cheese Calzones (V)	10/26 Oven Fried Chicken Baked Beans California Vegetable Blend WG Dinner Roll w/ Margarine Fresh Melon Milk, Variety Falafel Ranch Flatbread (V)
10/29 Stuffed Cabbage Roll (Beef) w/ Sauce over WG Brown Rice Steamed Lima Beans Green Salad Mix Shredded Carrots, Salad Dressing Baked Apples Milk, Variety Black Bean Burger (V)	10/30 Orange Chicken (over) WG Lo Mein Noodles Steamed Broccoli Oriental Vegetable Blend Chilled Peaches Milk, Variety Falafel Ranch Flatbread (V)	10/31 Stuffed Salmon Tartar Sauce and Lemon Juice Baby Baker Potatoes Steamed Carrots WG Biscuit w/ Margarine Seasonal Fresh Fruit Milk, Variety Mini Cheese Calzones (V)		

FOOD AND NUTRITION SERVICES
Fairfax County Public Schools
SENIOR NUTRITION LUNCH MENU
October 2018

MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BAG LUNCH	Egg Salad on Sub Roll	1 ea.	Italian Vegetable Wrap	1 ea.	Tuna Salad on Sub Roll	1ea.	Asian Chicken Wrap	1ea.	Turkey & Swiss Cheese on Sub Roll	1 ea.
	Three Bean Salad	½ c.	<i>Contains: Cucumber, Salad Mix, Red Pepper, Green Pepper, Onion, Mozzarella Cheese, Italian Dressing</i>		Green Salad Mix	3/8 c	<i>Contains: Chicken, Cranberries, Carrots, Noodles, Salad Mix, Asian Dressing</i>		Mayonnaise and Mustard	1 ea.
	Chilled Peaches	½ c.	Cucumber Slices and	½ c.	Sliced Tomatoes	1/3 c	Green Salad Mix	3/8 c	Cucumber Slices and	½ c.
	Orange (Sliced)	1 ea.	Radishes	½ c.	Dressing	1 ea.	Shredded Carrots	1/3 c	Radishes	½ c.
	Milk	½ pt.	Hummus	1 ea.	Corn and Black Bean Salad	½ c.	Dressing	1 ea.	Hummus	1 ea.
			Apple Slices	½ c.	Banana	1ea.	Orange (Sliced)	1 ea.	Banana	1 ea.
			Milk	½ pt.	Milk	½ pt.	Apple Slices	½ c.	Milk	½ pt.
							Milk	½ pt.		
CHEF SALAD	CAESAR CHICKEN		GREEK CHICKEN		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	Grilled Chicken	1 ea.	Grilled Chicken Breast	1ea.	Grilled Chicken	1ea.	Beef and Bean Chili	½ c
	Parmesan Cheese	1/8 c	Red Onion Rings	2 ea.	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	4 ea.	Ranch Dressing	1 ea.	Honey Mustard Poppy		Cucumber Slices	2 ea.
	Orange (Quartered)	1 ea.	Black Olives, sliced	¼ c	Tostitos Chips	1 ea.	Seed Dressing	1 ea.	Shredded Carrots	¼ c
	Milk	½ pt.	Mini Flat Breads	4 ea	Mandarin Oranges	½ c	Banana Bread	1 ea.	Tortilla Chips	2 oz.
			Italian Dressing	1 ea.	Milk	1 pt.	Orange (Quartered)	1 ea.	Ranch Dressing Cup	1 ea.
			Apple Slices	½ c			Milk	1 pt.	Banana	1 ea.
		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.	WG Biscuit (2 oz.)	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.								