

**FOOD AND NUTRITION SERVICES**  
Fairfax County Public Schools  
**INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU**  
**MARCH 2017**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>			1 Hard Boiled Egg 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	2 Yogurt 8 oz Mini Pancakes 1 ea Banana 1 ea 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
<b>SNACK</b>			Banana 1 ea Oats and Honey Goldfish 1 ea Grahams 1 ea	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	String Cheese 1 ea Wheat Thins 1 ea
<b>BREAKFAST</b>	6 Yogurt 8 oz. Oatmeal 2 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 Low Fat Cottage Cheese ½ c Oatmeal Breakfast Round 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	9 Yogurt 8 oz Mini Bagels w/ Cinnamon Cream 1 ea Cheese ½ c Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	10 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
<b>SNACK</b>	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 Crackers 1 ea	Banana 1 ea Oats and Honey Goldfish Grahams 1 ea	Nabisco Animal Crackers 2 oz Milk ½ pt
<b>BREAKFAST</b>	13 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	14 Yogurt 8 oz Oatmeal Breakfast Round 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	15 Hard Boiled Egg 1 ea English Muffin 1 ea Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	16 Yogurt 8 oz Mini Pancakes 1 ea Banana 1 ea 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
<b>SNACK</b>	Linden Chocolate Chippers 1 pkg. Milk ½ pt	Turkey and Cheese on Dinner Roll (1.3 oz) 1 oz 2 ea 1 ea	Banana 1 ea Oats and Honey Goldfish Grahams 1 ea	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	String Cheese 1 ea Wheat Thins 1 ea

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<b>BREAKFAST</b>	20 Yogurt Oatmeal Applesauce Chilled Fruit 100% Juice Milk	8 oz. 2 ea. ½ c ½ c 4 oz. ½ pt.	21 Croissant w/ Sliced Cheese Applesauce Chilled Fruit 100% Juice Milk	1 ea 4 ea ½ c ½ c 4 oz ½ pt	22 Low Fat Cottage Cheese Oatmeal Breakfast Round Banana Chilled Fruit 100% Juice Milk	½ c 1 ea 1 ea ½ c 4 oz ½ pt	23 Yogurt Mini Bagels w/ Cinnamon Cream Cheese Applesauce Chilled Fruit 100% Juice Milk	8 oz  1 ea  ½ c ½ c 4 oz ½ pt	24 String Cheese English Muffin Sun Butter Applesauce Chilled Fruit 100% Juice Milk	1 ea 1 ea 2 T ½ c ½ c 4 oz ½ pt
<b>SNACK</b>	Turkey Dinner Roll (1.3 oz.)	2 oz. 1 ea.	Linden Chocolate Chippers Milk	1 pkg. ½ pt	Sliced Seasonal Fresh Fruit Cheddar Goldfish Crackers	½ c 1 ea	Banana Oats and Honey Goldfish Grahams	1 ea  1 ea	Nabisco Animal Crackers 2 oz Milk	1 ea ½ pt
<b>BREAKFAST</b>	27 Cheese Sandwich Applesauce Chilled Fruit 100% Juice Milk	1 ea ½ c ½ c 4 oz ½ pt	28 Yogurt Oatmeal Breakfast Round Applesauce Chilled Fruit 100% Juice Milk	8 oz 1 ea ½ c ½ c 4 oz ½ pt	29 Hard Boiled Egg English Muffin Sun Butter Applesauce Chilled Fruit 100% Juice Milk	1 ea 1 ea 2 T ½ c ½ c 4 oz ½ pt	30 Yogurt Mini Pancakes Banana Chilled Fruit 100% Juice Milk	8 oz 1 ea 1 ea ½ c 4 oz ½ pt	31 Hard Boiled Egg Bagel Cream Cheese Applesauce Chilled Fruit 100% Juice Milk	2 ea 1 ea 1 ea ½ c ½ c 4 oz ½ pt
<b>SNACK</b>	Linden Chocolate Chippers Milk	1 pkg. ½ pt	Turkey and Cheese on Dinner Roll (1.3 oz)	1 oz 2 ea 1 ea	Banana Oats and Honey Goldfish Grahams	1 ea  1 ea	Sliced Seasonal Fresh Fruit Cottage Cheese	½ c ½ c	String Cheese Wheat Thins	1 ea 1 ea

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breaded Pollock (aside) Biscuit Tartar Sauce and Lemon Juice Campbell's Minestrone Soup/ <b>Steamed Cauliflower</b> Catsup <b>Grapefruit Sections</b> Milk, Variety <b>Black Bean Burger (V)</b>	2 Orange Chicken (over) Lo Mein Noodles Steamed Carrots Green Salad Mix Cucumber Slices Salad Dressing Warm Cinnamon Apples Milk, Variety <b>Cheese Pan Pizza (V)</b>	3 Stuffed Green Pepper (Beef) w/ Shredded Cheese (over) Brown Rice Sweet Potatoes Green Salad Mix Shredded Carrots Salad Dressing Dinner Roll w/ Margarine Chilled Pears Milk, Variety <b>Baked Croissant w/ Cheese (V)</b>
6 Beef Teriyaki (over) Brown Rice Garden Vegetable Blend Steamed Spinach Dinner Roll w/ Margarine Seasonal Fresh Fruit Milk, Variety <b>Black Bean Burger (V)</b>	7 Chicken Cordon Bleu (w/ Ham) w/ Whipped Potatoes Steamed Zucchini Green Salad Mix Shredded Carrots Salad Dressing Biscuit w/ Margarine Chilled Fruit Cocktail Milk, Variety <b>Cheese Pan Pizza (V)</b>	8 Stuffed Shells Marinara Sauce Steamed Lima Beans Green Salad Mix Tomatoes Salad Dressing Garlic Toast Chilled Peaches Milk, Variety <b>Cheese Pan Pizza (V)</b>	9 Meatloaf w/ Beef Gravy Whipped Potatoes Warm Beets Biscuit Banana Milk, Variety <b>Veggie Burger (V)</b>	10 Oven Fried Chicken <b>Potato Sticks</b> Catsup Green Salad Mix Shredded Carrots Salad Dressing Dinner Roll w/ Margarine Chilled Mandarin Oranges Milk, Variety <b>Cheese Quesadilla (V)</b>
13 Stuffed Salmon Tartar Sauce and Lemon Juice Baby Baker Potatoes Steamed Corn & Lima Beans Biscuit (2 oz) Chilled Peaches Milk, Variety <b>Black Bean Burger (V)</b>	14 Roast Turkey and Gravy Stuffing Steamed Green Beans Seasoned Sweet Potatoes Dinner Roll w/ Margarine Fresh Melon Milk, Variety <b>Baked Croissant w/ Cheese (V)</b>	15 Penne Pasta w/ Marinara Sauce and Meatballs California Vegetable Blend Green Salad Mix Cucumber Slices& Salad Dressing Garlic Toast <b>Chilled Mandarin Oranges</b> Milk, Variety <b>Veggie Burger (V)</b>	16 Teriyaki Chicken With Veggie Rice Steamed Spinach Green Salad Mix Cucumber Slices Salad Dressing Warm Cinnamon Apples Milk, Variety <b>Veggie Burger (V)</b>	17 Stuffed Green Pepper (Beef) w/ Shredded Cheese (over) Brown Rice Red Beans Steamed Carrots Dinner Roll w/ Margarine Chilled Pears Milk, Variety <b>Cheese Pan Pizza (V)</b>
20 Oven Fried Chicken Baked Beans Garden Vegetable Blend Dinner Roll w/ Margarine Sliced Apples Milk, Variety <b>Baked Croissant w/ Cheese (V)</b>	21 Beef Tips w/ Gravy Over Noodles Green Salad Mix Shredded Carrots& Salad Dressing Steamed Lima Beans Dinner Roll w/ Margarine Chilled Mandarin Oranges Milk, Variety <b>Black Bean Burger (V)</b>	22 Chicken Teriyaki (over) Brown Rice California Vegetable Blend Steamed Spinach Banana Milk, Variety <b>Veggie Burger (V)</b>	23 Chicken Fillet on Bun Tartar Sauce& Lemon Juice Tomato Soup/MOW Mixed Veg Green Salad Mix Cucumber Slices& Salad Dressing Chilled Pineapple Milk, Variety <b>Cheese Pan Pizza (V)</b>	24 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Green Beans Banana Bread Orange (Quartered) Milk, Variety <b>Baked Croissant w/ Cheese (V)</b>
27 Stuffed Shells w/Marinara Sauce Steamed Zucchini Green Salad Mix Shredded Carrots& Salad Dressing Garlic Toast Chilled Peaches Milk, Variety <b>Baked Croissant w/ Cheese (V)</b>	28 Oven Fried Chicken (aside) Biscuit Steamed Golden Corn Steamed Spinach Banana Milk, Variety <b>Veggie Burger (V)</b>	29 Stuffed Cabbage Roll (Beef) w/ Sauce over Brown Rice Steamed Carrots Steamed Green Beans Chilled Applesauce Milk, Variety <b>Cheese Quesadilla (V)</b>	30 Meatballs w/ Gravy Whipped Potatoes Garden Vegetable Blend Green Salad Mix Shredded Carrots& Salad Dressing Biscuit (2 oz.) Chilled Pears Milk, Variety <b>Cheese Pan Pizza (V)</b>	31 Fish Taco on Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Chilled Pineapple Milk, Variety <b>Black Bean Burger (V)</b>

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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.				
	Fruit Cocktail	½ c	Cucumber and Radish Slices	½ c	Sliced Tomatoes	1/3 c	Shredded Carrots	1/3 c	Cucumber Slices and Carrot Coins	½ c				
	Orange (Quartered)	1 ea.	Hummus	1 ea.	Dressing	1 ea.	Dressing	1 ea.	Hummus	1 ea.				
	Milk	½ pt.	Apple Slices	½ c	Corn and Black Bean Salad	½ c	Orange (Quartered)	½ c	Banana	1 ea.				
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	1 ea.	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.	Apple Slices	½ c	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.	Wheat Thins	1 ea.	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		