

**FOOD AND NUTRITION SERVICES**  
 Fairfax County Public Schools  
**INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU**  
 November 2019

|                  | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|------------------|---|--|--|---|---|
| <b>BREAKFAST</b> |   |  |  |   | 1<br>Hard Boiled Egg 2 ea.<br>Cheerios 1 ea<br>English Muffin ½ ea<br>Margarine 1 ea<br>Applesauce 1 ea<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.  |
| <b>SNACK</b>     |   |  |  |   | Sliced Seasonal Fresh Fruit ½ c<br>Cheddar Goldfish Crackers 1 ea   |
| <b>BREAKFAST</b> | 4<br>Yogurt 8 oz.<br>Cinnamon Cream<br>Cheese Bagel 1 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.   | 5<br>String Cheese 1 ea<br>English Muffin ½ ea<br>Rice Chex Cereal 1 ea.<br>WOW Butter 1 ea<br>Banana 1 ea<br>Chilled Fruit ½ c<br>100% Juice 4 oz<br>Milk ½ pt  | 6<br>Cheese Sandwich 1 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.                                     | 7<br>Yogurt 8 oz.<br>Oatmeal 2 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.                | 8<br>String Cheese 1 ea<br>English Muffin 1 ea<br>WOW Butter 1 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.                      |
| <b>SNACK</b>     | Banana 1 ea.<br>Wheat Thins 1 ea.   | Turkey and Cheese on Dinner Roll (1.3 oz.) 1 ea  | Linden Chocolate Chippers 1 ea.<br>Sliced Seasonal Fresh Fruit ½ c   | Wheat Thins 1 ea<br>String Cheese 1 ea  | Banana 1 ea<br>French Toast Goldfish 1 ea   |
| <b>BREAKFAST</b> | 11<br><br>CLOSED  | 12<br>Yogurt 8 oz.<br>Oatmeal 2 ea.<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.   | 13<br>Hard Boiled Egg 2 ea<br>Bagel 1 ea<br>Cream Cheese 1 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt. | 14<br>Croissant w/ Sliced Cheese 1 ea<br>Applesauce 4 ea<br>Chilled Fruit ½ c<br>100% Juice ½ c<br>Milk 4 oz<br>Milk ½ pt | 15<br>Hard Boiled Egg 2 ea.<br>Cheerios 1 ea<br>English Muffin ½ ea<br>Margarine 1 ea<br>Applesauce 1 ea<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt. |
| <b>SNACK</b>     |   | Turkey Dinner Roll (1.3 oz.) 2 oz.<br>1 ea.  | String Cheese 1 ea.<br>Cheddar Goldfish Crackers 1 ea.   | Linden Chocolate Chippers 1 pkg.<br>Milk ½ pt   | Sliced Seasonal Fresh Fruit ½ c<br>Cheddar Goldfish Crackers 1 ea   |
| <b>BREAKFAST</b> | 18<br>Yogurt 8 oz.<br>Cinnamon Cheese<br>Cheese Bagel 1 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt. | 19<br>String Cheese 1 ea<br>English Muffin ½ ea<br>Rice Chex Cereal 1 ea.<br>WOW Butter 1 ea<br>Banana 1 ea<br>Chilled Fruit ½ c<br>100% Juice 4 oz<br>Milk ½ pt | 20<br>Cheese Sandwich 1 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.                                    | 21<br>Yogurt 8 oz.<br>Oatmeal 2 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.               | 22<br>String Cheese 1 ea<br>English Muffin 1 ea<br>WOW Butter 1 ea<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt.                     |
| <b>SNACK</b>     | Banana 1 ea.<br>Wheat Thins 1 ea.   | Turkey and Cheese on Dinner Roll (1.3 oz.) 1 ea  | Linden Chocolate Chippers 1 ea.<br>Sliced Seasonal Fresh Fruit ½ c   | Wheat Thins 1 ea<br>String Cheese 1 ea  | Banana 1 ea<br>French Toast Goldfish 1 ea   |

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|                  |   |  |   |         |         |
|------------------|---|--|---|---------|---------|
| <b>BREAKFAST</b> | 25  | 26   | 27  | 28      | 29      |
|                  | Hard Boiled Egg 2 ea.<br>Mini Pancakes 1 ea.<br>Banana 1 ea.<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt. | Yogurt 8 oz.<br>Oatmeal 2 ea.<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt. | Hard Boiled Egg 2 ea.<br>Bagel 1 ea.<br>Cream Cheese 1 ea.<br>Applesauce ½ c<br>Chilled Fruit ½ c<br>100% Juice 4 oz.<br>Milk ½ pt. | HOLIDAY | HOLIDAY |
| <b>SNACK</b>     | Sliced Seasonal Fresh Fruit ½ c<br>Cottage Cheese ½ c   | Turkey Dinner Roll (1.3 oz.) 1 ea.   | String Cheese 1 ea.<br>Cheddar Goldfish Crackers 1 ea.  |         |         |

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**FOOD AND NUTRITION SERVICES**  
Fairfax County Public Schools  
**SENIOR NUTRITION AND ADULT DAY HEALTH LUNCH MENU**  
**November 2019**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|  |  |  |   | 11/1<br>Fish Taco on WG Loco Bread<br>Tartar Sauce and Lemon Juice<br>Corn and Black Bean Salad<br>Steamed Broccoli<br>Chilled Pineapple<br>Milk, Variety<br><b>Pasta w/ Marinara and Mozzarella (V)</b>  |
| 11/4<br>Oven Fried Chicken<br>Vegetarian Baked Beans<br>California Vegetable Blend<br>WG Dinner Roll w/ Margarine<br>Fresh Melon<br>Milk, Variety<br><b>Falafel Ranch Flatbread (V)</b>                            | 11/5<br>Stuffed Cabbage Roll (Beef) w/ Sauce<br>over WG Brown Rice<br>Steamed Lima Beans<br>Green Salad Mix<br>Shredded Carrots<br>Salad Dressing<br>Baked Apples<br>Milk, Variety<br><b>Black Bean Burger (V)</b>       | 11/6<br>Orange Chicken (over)<br>WG Lo Mein Noodles<br>Steamed Broccoli<br>Oriental Vegetable Blend<br>Chilled Peaches<br>Milk, Variety<br><b>Falafel Ranch Flatbread (V)</b>  | 11/7<br>Stuffed Salmon<br>Tartar Sauce and Lemon Juice<br>Baby Baker Potatoes<br>Steamed Carrots<br>WG Biscuit w/ Margarine<br>Seasonal Fresh Fruit<br>Milk, Variety<br><b>Broccoli &amp; Cheese Soup (v)</b> | 11/8<br>Chicken Cordon Bleu (w/ Ham)<br>(over) WG Brown Rice<br>Seasoned Sweet Potatoes<br>Green Salad Mix<br>Shredded Cucumbers<br>Salad Dressing<br>WG Garlic Toast w/ Margarine<br>Seasonal Fresh Fruit<br>Milk, Variety<br><b>Baked Croissant w/ Cheese (V)</b> |
| 11/11<br><b>VETERANS DAY<br/>CLOSED</b>  | 11/12<br>Penne Pasta w/ Meatballs<br>Steamed Lima Beans<br>Green Salad Mix<br>Shredded Cucumbers<br>Salad Dressing<br>WG Garlic Toast w/ Margarine<br>Seasonal Fresh Fruit<br>Milk, Variety<br><b>Cheese Calzone (V)</b> | 11/13<br>Meatballs w/ Gravy<br>Whipped Potatoes w/ Gravy<br>Green Salad Mix<br>Shredded Cucumbers<br>Salad Dressing<br>WG Biscuit w/ Margarine<br>Sliced Apples<br>Milk, Variety<br><b>Baked Croissant w/ Cheese (V)</b> | 11/14<br>Breaded Pollock (aside) WG Biscuit<br>Tartar Sauce and Lemon Juice<br>Campbell's Minestrone Soup<br>Steamed Broccoli<br>Ketchup<br>Chilled Peaches<br>Milk, Variety<br><b>Black Bean Burger (V)</b>  | 11/15<br>Stuffed Green Pepper (Beef) w/ Shredded Cheese<br>(over) WG Brown Rice<br>Vegetarian Baked Beans<br>Steamed Carrots<br>WG Dinner Roll w/ Margarine<br>Chilled Melon<br>Milk, Variety<br><b>Falafel Ranch Flatbread (V)</b>                                 |
| 11/18<br>Chicken Teriyaki<br>(over) Brown Rice<br>Garden Vegetable Blend<br>Steamed Spinach<br>WG Dinner Roll w/ Margarine<br>Seasonal Fresh Fruit<br>Milk, Variety<br><b>Pasta w/ Marinara and Mozzarella (V)</b> | 11/19<br>Meatloaf w/ Beef Gravy<br>Whipped Potatoes w/Gravy<br>Steamed Zucchini<br>WG Dinner Roll w/ Margarine<br>Orange (sliced)<br>Milk, Variety<br><b>Broccoli &amp; Cheese Soup (v)</b>                              | 11/20<br>Fish Taco on WG Loco Bread<br>Tartar Sauce and Lemon Juice<br>Corn and Black Bean Salad<br>Steamed Broccoli<br>Fresh Melon<br>Milk, Variety<br><b>Cheese Pan Pizza (V)</b>                                      | 11/21<br>Roast Turkey and Gravy Stuffing<br>Steamed Spinach<br>Seasoned Sweet Potatoes<br>WG Dinner Roll w/ Margarine<br>Baked Apples<br>Milk, Variety<br><b>Baked Croissant w/ Cheese (V)</b>                | 11/22<br>Beef Teriyaki<br>(over) WG Brown Rice<br>Green Salad Mix<br>Shredded Carrots<br>Salad Dressing<br>Oriental Vegetable Blend<br>Orange (sliced)<br>Milk, Variety<br><b>Black Bean Burger (V)</b>   |

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|  |  |  |                            |                            |
|--|--|--|----------------------------|----------------------------|
| 11/25<br>Chicken Cordon Bleu (w/ Ham)<br>(over) WG Brown Rice<br>Steamed Corn<br>Steamed Green Beans<br>WG Dinner Roll w/ Margarine<br>Chilled Peaches<br>Milk, Variety<br><b>Pasta w/ Marinara and Mozzarella (V)</b> | 11/26<br>Oven Fried Chicken<br>Minestrone Soup<br>Green Salad Mix<br>Sliced Cucumber<br>Salad Dressing<br>WG Biscuit w/ Margarine<br>Banana<br>Milk, Variety<br><b>French Bread Cheese Pizza (V)</b> | 11/27<br>Choose from Wednesday<br>Cold Options:<br><ul style="list-style-type: none"> <li>• Chicken Salad on Croissant Roll</li> <li>• Southwest Chicken Salad</li> <li>• Fruit Salad</li> </ul> | 11/28<br><br><b>CLOSED</b> | 11/29<br><br><b>CLOSED</b> |
|--|--|--|----------------------------|----------------------------|

|                    | MONDAY  |   | TUESDAY  |  | WEDNESDAY  |  | THURSDAY  |  | FRIDAY  |  |
|--------------------|---|---|--|--|--|--|---|--|---|--|
| <b>BAG LUNCH</b>   | Tuna Salad on Croissant<br>Three Bean Salad<br>Chilled Peaches<br>Orange (Quartered)<br>Milk                    | 1 ea.<br>½ c<br>½ c<br>1 ea.<br>½ pt.                       | Italian Vegetable Wrap<br><i>Contains: Cucumber, Salad Mix, Red Pepper, Green Pepper, Onion, Mozzarella Cheese, Italian Dressing</i><br>Cucumber Slices and Radishes<br>Hummus<br>Apple Slices<br>Milk | 1 ea.<br>1 ea.<br>½ c<br>1 ea.<br>½ c<br>½ pt.                     | Chicken Salad on Croissant<br>Green Salad Mix<br>Sliced Tomatoes<br>Dressing<br>Corn and Black Bean Salad<br>Banana<br>Milk                            | 1 ea.<br>3/8 c<br>1/3 c<br>1 ea.<br>½ c<br>1 ea.<br>½ pt.          | Asian Chicken Wrap<br>Green Salad Mix<br>Shredded Carrots<br>Dressing<br>Orange (Quartered)<br>Apple Slices<br>Milk                                     | 1 ea.<br>3/8 c<br>1/3 c<br>1 ea.<br>1 ea.<br>½ c<br>½ pt.        | Turkey & Swiss Cheese on Croissant<br>Mayonnaise and Mustard<br>Cucumber Slices and Carrot Coins<br>Hummus<br>Banana<br>Milk  | 1 ea.<br>1 ea.<br>½ c<br>1 ea.<br>1 ea.<br>½ pt.                                 |
|                    | <b>CAESAR CHICKEN</b>   |   | <b>MEDITERRANEAN SALAD</b>   |  | <b>SOUTHWEST CHICKEN</b>   |  | <b>APPLE CRANBERRY CHICKEN</b>  |  | <b>TACO SALAD</b>   |  |
| <b>CHEF SALAD</b>  | Romaine<br>Grilled Chicken<br>Parmesan Cheese<br>Caesar Dressing<br>Oatmeal Round<br>Orange (Quartered)<br>Milk | 3 oz.<br>1/3 c<br>1/8 c<br>1 ea.<br>1 ea.<br>1 ea.<br>½ pt. | Salad Mix<br>Grilled Chicken<br>Red Onion Rings<br>Cherry Tomatoes<br>Cucumber Slices<br>Italian Dressing<br>Apple Slices<br>Milk  | 3 oz.<br>1 ea.<br>2 ea.<br>2 ea.<br>4 ea.<br>1 ea.<br>½ c<br>1 pt. | Romaine Kale Salad Mix<br>Grilled Chicken Breast<br>Tortilla Strips<br>Cherry Tomatoes<br>Ranch Dressing<br>Tostitos Chips<br>Mandarin Oranges<br>Milk | 3 oz.<br>1 ea.<br>2 oz.<br>2 ea.<br>1 ea.<br>1 ea.<br>½ c<br>1 pt. | Salad Mix<br>Grilled Chicken<br>Dried Cranberries<br>Apple Slices<br>Honey Mustard Poppy<br>Seed Dressing<br>Banana Bread<br>Orange (Quartered)<br>Milk | 3 oz.<br>1 ea.<br>¼ c<br>½ c<br>1 ea.<br>1 ea.<br>1 ea.<br>1 pt. | Salad Mix<br>Beef and Bean Chili<br>Grated Cheese Blend<br>Cherry Tomatoes<br>Cucumber Slices<br>Shredded Carrots<br>Tortilla Chips<br>Ranch Dressing Cup<br>Banana<br>Milk | 3 oz.<br>½ c<br>¼ c<br>2 ea.<br>2 ea.<br>¼ c<br>2 oz.<br>1 ea.<br>1 ea.<br>1 pt. |
| <b>FRUIT SALAD</b> | Cottage Cheese<br>String Cheese<br>Oatmeal Raisin<br>Round<br>Sliced Fresh Fruit<br>Orange (Quartered)<br>Milk  | ½ c<br>1 ea.<br>1 ea.<br>1 c<br>1 ea.<br>½ pt.              | Yogurt<br>Dinner Roll<br>Margarine<br>Sliced Fresh Fruit<br>Apple Slices<br>Milk   | 4 oz.<br>1 ea.<br>1 ea.<br>1 c<br>½ c<br>½ pt.                     | Cottage Cheese<br>String Cheese<br>Tortilla Chips<br>Sliced Fresh Fruit<br>Banana<br>Milk  | ½ c<br>1 ea.<br>2 oz.<br>1 c<br>1 ea.<br>½ pt.                     | Yogurt<br>Banana Bread<br>Sliced Fresh Fruit<br>Apple Slices<br>Milk  | 4 oz.<br>1 ea.<br>1 c<br>½ c<br>½ pt.                            | Cottage Cheese<br>String Cheese<br>Tortilla Chips<br>Sliced Fresh Fruit<br>Banana<br>Milk   | ½ c<br>1 ea.<br>2 oz.<br>1 c<br>1 ea.<br>½ pt.                                   |

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**SENIOR CENTER SNACK MENU**  
 November 2019

|              | <b>MONDAY</b>  | <b>TUESDAY</b>                                     | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
|--------------|--|--|---|--|---|
| <b>SNACK</b> |  |  |   |  | 1<br>French Toast Goldfish 1 ea.<br>Seasonal Fresh Fruit ½ c  |
| <b>SNACK</b> | 4<br>Cinnamon Grahams 1 ea.<br>Seasonal Fresh Fruit ½ c  | 5<br>Tortilla Chips 1 bag<br>Salsa 3/8 cup         | 6<br>Cheddar Goldfish Crackers 1 ea.<br>String Cheese 1 ea.     | 7<br>Linden Chocolate Chippers 1 pkg.<br>Seasonal Fresh Fruit 1 ea.  | 8<br>Cheerios 1 ea.<br>Banana 1 ea.                           |
| <b>SNACK</b> | 11<br>CLOSED   | 12<br>Banana 1 ea.<br>Giant Goldfish Grahams 1 ea. | 13<br>Nabisco 1 oz. Animal Crackers 1 ea.<br>Cubed Cheese 1 ea. | 14<br>Rice Chex Cereal 1 ea.<br>Yogurt 4 oz.                         | 15<br>French Toast Goldfish 1 ea.<br>Seasonal Fresh Fruit ½ c |
| <b>SNACK</b> | 18<br>Cinnamon Grahams 1 ea.<br>Seasonal Fresh Fruit ½ c | 19<br>Tortilla Chips 1 bag<br>Salsa 3/8 cup        | 20<br>Cheddar Goldfish Crackers<br>String Cheese                | 21<br>Linden Chocolate Chippers 1 pkg.<br>Seasonal Fresh Fruit 1 ea. | 22<br>Cheerios 1 ea.<br>Tangerine 1 ea.                       |
| <b>SNACK</b> | 25<br>Wheat Thins 1 ea.<br>String Cheese 1 ea.           | 26<br>Banana 1 ea.<br>Giant Goldfish Grahams 1 ea. | 27<br>Nabisco 1 oz. Animal Crackers 1 ea.<br>Cubed Cheese 1 ea. | 28<br>HOLIDAY  | 29<br>HOLIDAY   |