

FOOD AND NUTRITION SERVICES
 Fairfax County Public Schools
INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU
 January 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 SENIOR CENTERS CLOSED HAPPY NEW YEAR	2 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	3 String Cheese 1 ea English Muffin 1 ea WOW Butter 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK				Wheat Thins 1 ea String Cheese 1 ea	Banana 1 ea French Toast Goldfish 1 ea
BREAKFAST	6 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	7 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	8 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.	9 Croissant w/ Sliced Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	10 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	13 Yogurt 8 oz. Cinnamon Cream 1 ea Cheese Bagel ½ c Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk ½ pt.	14 String Cheese 1 ea English Muffin ½ ea Rice Chex Cereal 1 ea WOW Butter 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	15 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Banana ½ pt. 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 WOW Butter 1 ea 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	20 SENIOR CENTERS CLOSED	21 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	22 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.	23 Croissant w/ Sliced Cheese 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	24 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		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

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INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU
 January 2020

BREAKFAST	27	28	29	30	31
	Yogurt	String Cheese	Cheese Sandwich	Yogurt	String Cheese
	8 oz.	1 ea	1 ea	8 oz.	1 ea
	Cinnamon Cream	English Muffin	Applesauce	Oatmeal	English Muffin
	1 ea	½ ea	½ c	2 ea	1 ea
	Cheese Bagel	Rice Chex Cereal	Chilled Fruit	Applesauce	WOW Butter
	½ c	1 ea.	½ c	½ c	1 ea
Applesauce	WOW Butter	100% Juice	Chilled Fruit	Applesauce	
½ c	1 ea	4 oz.	½ c	½ c	
Chilled Fruit	Banana	Milk	100% Juice	Chilled Fruit	
½ c	1 ea	½ pt.	4 oz.	½ c	
100% Juice	Chilled Fruit		½ pt.	100% Juice	
4 oz.	½ c			4 oz.	
Milk	100% Juice			Milk	
½ pt.	4 oz			½ pt.	
	½ pt				
SNACK		Turkey	Linden Chocolate Chippers	Wheat Thins	Banana
	Banana	and Cheese on	Sliced Seasonal Fresh Fruit	String Cheese	French Toast Goldfish
1 ea.	1 oz.	2 ea	1 ea.	1 ea	1 ea
Wheat Thins	Dinner Roll (1.3 oz.)	1 ea	½ c		
1 ea.					

12/05/2019

FOOD AND NUTRITION SERVICES
Fairfax County Public Schools
ADULT DAY HEALTH CARE & INSIGHT MEMORY CARE LUNCH MENU
January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SENIOR CENTERS CLOSED HAPPY NEW YEAR	2 Beef Teriyaki (over) Lo Mein WG Noodles Green Salad Mix Shredded Carrots Salad Dressing Oriental Vegetable Blend Chilled Mandarin Oranges Milk, Variety Black Bean Burger (V)	3 Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Steamed Corn Steamed Broccoli WG Dinner Roll w/ Margarine Chilled Peaches Milk, Variety Baked Croissant w/ Cheese (V)
6 Oven Fried Chicken Steamed Spinach Vegetarian Baked Beans WG Biscuit w/ Margarine Banana Milk, Variety French Bread Cheese Pizza (V)	7 Breaded Pollack (aside) WG Biscuit Tarter Sauce and Lemon Juice Tomato Soup Corn and Black Bean Salad Ketchup Chilled Pineapple Milk, Variety Cheese Calzone (V)	8 WG Penne Pasta w/ Chicken Parmesan Minestrone Soup Steamed Broccoli WG Garlic Toast/Margarine Baked Apples Milk, Variety Pasta w/ Marinara and Mozzarella (V)	9 Fish on WG Bun Tartar Sauce and Lemon Juice Green Salad Mix Sliced Cucumber Salad Dressing Steamed Zucchini Chilled Peaches Milk, Variety Veggie Taco on WG Loco Bread (V)	10 Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Carrots WG Biscuit w/ Margarine Chilled Mandarin Oranges Milk, Variety Rice w/Chili Beans & Cheese (V)
13 Chicken Broccoli Alfredo w/ WG Penne Pasta Steamed Lima Beans Green Salad Mix Sliced Carrots Salad Dressing WG Garlic Toast Chilled Melon Milk, Variety Pasta w/ Marinara and Mozzarella (V)	14 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Carrots WG Biscuit w/ Margarine Chilled Pineapple Milk, Variety Black Bean Burger (V)	15 Stuffed Green Pepper (Beef) w/ Shredded Cheese (over) Brown Rice Tomato Soup Garden Vegetable Blend WG Dinner Roll w/ Margarine Baked Apples Milk, Variety Baked Croissant w/ Cheese (V)	16 Chicken Teriyaki (over) Lo Mein WG Noodles Oriental Vegetable Blend Steamed Broccoli WG Dinner Roll w/ Margarine Banana Milk, Variety Rice w/ Chili Beans & Cheese (V)	17 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Spinach Chilled Mandarin Oranges Milk, Variety Cheese Calzone (V)

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<p>20</p> <p>MLK JR.'S DAY SENIOR CENTERS CLOSED</p>	<p>21</p> <p>Oven Fried Chicken Vegetarian Baked Beans Steamed Broccoli WG Biscuit w/ Margarine Chilled Melon Milk, Variety Baked Croissant w/ Cheese (V)</p>	<p>22</p> <p>Stuffed Salmon Tartar Sauce and Lemon Juice Baby Baker Potatoes Steamed Carrots WG Biscuit w/ Margarine Chilled Pineapple Milk, Variety French Bread Cheese Pizza (V)</p>	<p>23</p> <p>Orange Chicken (over) WG Lo Mein Noodles Seasoned Sweet Potatoes Oriental Vegetable Blend Banana Milk, Variety Black Bean Burger (V)</p>	<p>24</p> <p>Penne Pasta w/ Meatballs Steamed Zucchini Campbell's Minestrone Soup WG Garlic Toast w/ Margarine Baked Apples Milk, Variety Pasta w/ Marinara and Mozzarella (V)</p>
<p>27</p> <p>Breaded Pollock (aside) WG Biscuit (2 oz) Tartar Sauce and Lemon Juice Steamed Broccoli Corn and Black Bean Salad Ketchup Chilled Mandarin Oranges Milk, Variety Veggie Taco on WG Loco Bread (V)</p>	<p>28</p> <p>Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Steamed Carrots Campbell's Minestrone Soup WG Garlic Toast w/ Margarine Chilled Melon Milk, Variety Pasta w/ Marinara and Mozzarella (V)</p>	<p>29</p> <p>Meatballs w/ Gravy Whipped Potatoes w/ Gravy Green Salad Mix Shredded Cucumbers Salad Dressing WG Biscuit w/ Margarine Chilled Peaches Milk, Variety Cheese Calzone (V)</p>	<p>30</p> <p>Roast Turkey and Gravy Stuffing Steamed Spinach Seasoned Sweet Potatoes WG Dinner Roll w/ Margarine Baked Apples Milk, Variety Baked Croissant w/ Cheese (V)</p>	<p>31</p> <p>Beef Teriyaki (over) Lo Mein WG Noodles Green Salad Mix Shredded Carrots Salad Dressing Oriental Vegetable Blend Chilled Mandarin Oranges Milk, Variety Rice w/ Chili Beans & Cheese (V)</p>

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FOOD AND NUTRITION SERVICES
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ADULT DAY HEALTH CARE & INSIGHT MEMORY CARE LUNCH MENU
January 2020

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

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FOOD AND NUTRITION SERVICES
 Fairfax County Public Schools
SENIOR CENTER SNACK MENU
 January 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK			1 SENIOR CENTERS CLOSED HAPPY NEW YEAR	2 Nabisco 1 oz. Animal Crackers String Cheese 1 ea. 1 ea.	3 French Toast Goldfish Seasonal Fresh Fruit 1 ea. ½ c
SNACK	6 Cinnamon Grahams 1 ea. Seasonal Fresh Fruit ½ c	7 Banana 1 ea. Giant Goldfish Grahams 1 ea.	8 Cheddar Goldfish Crackers 1 ea. String Cheese 1 ea.	9 Rice Chex Cereal 1 ea. Yogurt 4 oz	10 Cheerios 1 ea. Banana 1ea.
SNACK	13 Wheat Thins 1 ea. String Cheese 1 ea.	14 Tortilla Chips 1 bag Salsa 3/8 cup	15 Linden Chocolate Chippers 1 pkg. Seasonal Fresh Fruit 1 ea.	16 Nabisco 1 oz. Animal Crackers 1 pkg. String Cheese 1 ea.	17 French Toast Goldfish 1 ea. Seasonal Fresh Fruit ½ c
SNACK	20 SENIOR CENTERS CLOSED	21 Banana 1 ea. Giant Goldfish Grahams 1 ea.	22 Cheddar Goldfish Crackers 1 ea. String Cheese 1 ea.	23 Rice Chex Cereal 1 ea. Milk ½ pt.	24 Cheerios 1 ea. Tangerine 1ea.
SNACK	27 Wheat Thins 1 ea. String Cheese 1 ea.	28 Tortilla Chips 1 bag Salsa 3/8 cup	29 Linden Chocolate Chippers 1 pkg. Seasonal Fresh Fruit 1 ea.	30 Nabisco 1 oz. Animal Crackers 1 ea. String Cheese 1 ea.	31 French Toast Goldfish 1 ea. Seasonal Fresh Fruit ½ c

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