

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea. Applesauce ½ c 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. Banana 1 ea. 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 & Cheese on Dinner Roll (1.3 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 Cinnamon Grahams 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 ½ pt.	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	Cubed Colby Jack Cheese 1 ea. Wheat Thins 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Nabisco Animal Crackers 1 ea. Sliced Seasonal Fresh Fruit ½ c	Turkey on Dinner Roll (1.3 oz.) 2 oz. 1 ea.	Seasonal Fresh Fruit 1 ea. French Toast Goldfish 1 ea.
BREAKFAST	15 Hard Boiled Egg 2 ea. Mini Pancakes 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 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. Banana 1 ea. 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 & Cheese on Dinner Roll (1.3 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 Cinnamon Grahams 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 ½ pt.	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	Cubed Colby Jack Cheese 1 ea. Wheat Thins 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Nabisco Animal Crackers 1 ea. Sliced Seasonal Fresh Fruit ½ c	Turkey on Dinner Roll (1.3 oz.) 2 oz. 1 ea.	Seasonal Fresh Fruit 1 ea. French Toast Goldfish 1 ea.

“This institution is an equal opportunity provider.”

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

BREAKFAST	29		30			
	Hard Boiled Egg	2 ea.	Yogurt	8 oz.		
	Mini Pancakes	1 ea	Oatmeal	2 ea.		
	Applesauce	½ c	Applesauce	½ c		
	Chilled Fruit	½ c	Chilled Fruit	½ c		
	100% Juice	4 oz.	100% Juice	4 oz.		
SNACK	Milk	½ pt.	Milk	½ pt.		
	Sliced Seasonal		Turkey & Cheese on	2 sl./1		
	Fresh Fruit	½ c	Dinner Roll	oz.		
	Cottage Cheese	½ c	(1.3 oz.)	1 ea.		

02/03/2019

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

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

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

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.	Turkey & Swiss Cheese on Sub Roll	1 ea.	Asian Chicken Wrap	1ea.
	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	Mayonnaise and Mustard	1 ea.	<i>Contains: Chicken, Cranberries, Carrots, Noodles, Salad Mix, Asian Dressing</i>	
	Chilled Peaches	½ c.	Cucumber Slices and Radishes	½ c.	Sliced Tomatoes Dressing	1/3 c	Cucumber Slices and Radishes	½ c.	Green Salad Mix	3/8 c
	Orange (Quartered)	1 ea.	Hummus	1 ea.	Corn and Black Bean Salad	1 ea.	Hummus	1 ea.	Shredded Carrots	1/3 c
	Milk	½ pt.	Apple Slices	½ c.	Banana	½ c.	Banana	½ pt.	Dressing	1 ea.
		Milk	½ pt.	Milk	1ea.	Milk		Orange (Quartered)	1 ea.	
					½ pt.			Apple Slices	½ c.	
								Milk	½ pt.	
CHEF SALAD	CAESAR CHICKEN		GREEK CHICKEN		SOUTHWEST CHICKEN		APPLE CRANBERRY CHICKEN		TACO SALAD	
	Romaine	3 oz.	Salad Mix	3 oz.	Romaine	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.								