

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					1 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					Seasonal Fresh Fruit 1 ea French Toast Goldfish 1 ea
BREAKFAST	4 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	5 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	6 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.	7 Croissant 1 ea w/ Sliced Cheese 4 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	8 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 Giant Goldfish Grahams 1 ea
BREAKFAST	11 Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream Cheese 1 ea Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk ½ pt.	12 String Cheese 1 ea English Muffin ½ ea Rice Chex Cereal 1 ea. Sun Butter 2 T Applesauce 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	13 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Banana ½ pt. Milk ½ pt.	14 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	15 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.	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	18 PRESIDENTS' DAY SENIOR CENTERS CLOSED	19 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	20 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.	21 Croissant 1 ea w/ Sliced Cheese 4 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	22 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 & 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 Giant Goldfish Grahams 1 ea

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BREAKFAST	25	26	27	28
	Yogurt	String Cheese	Cheese Sandwich	Yogurt
	8 oz.	1 ea	1 ea	8 oz.
	Mini Bagels w/	English Muffin	Applesauce	Oatmeal
	1 ea	½ ea	½ c	2 ea
	Cinnamon Cream	Rice Chex Cereal	Chilled Fruit	Applesauce
	½ c	1 ea.	½ c	½ c
Cheese	Sun Butter	100% Juice	Chilled Fruit	
½ c	2 T	4 oz.	½ c	
Applesauce	Banana	Milk	100% Juice	
½ c	1 ea	½ pt.	4 oz.	
Chilled Fruit	Chilled Fruit		Milk	
4 oz.	½ c		½ pt.	
100% Juice	100% Juice			
½ pt.	4 oz			
Milk	Milk			
	½ pt			
SNACK	Banana	Linden Chocolate Chippers	Nabisco Animal Crackers	Turkey on
	1 ea.	1 pkg.	1 ea.	Dinner Roll
Wheat Thins	Milk	Sliced Seasonal Fresh Fruit	½ c	(1.3 oz.)
1 ea.	½ pt.			2 oz.
				1 ea.

12/17/2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2/1 Meatloaf 1 ea. w/ Beef Gravy 2 oz Whipped Potatoes w/Gravy ½ c Steamed Zucchini ½ c WG Dinner Roll w/ Margarine 1 ea. Orange (sliced) 1 ea. Milk, Variety ½ pt
				Rice, Bean & Cheese Empanada (V)
2/4 Fish on WG Bun 1 ea. Tartar Sauce and Lemon Juice 1 ea. Tomato Soup ½ c Green Salad Mix ¾ c Cucumber Slices ½ c Salad Dressing 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.	2/5 Chicken Cordon Bleu (w/ Ham) 1 ea. Steamed Corn ½ c Steamed Green Beans ½ c WG Biscuit w/ Margarine 1 ea. Chilled Pears 1 ea. Milk, Variety ½ pt.	2/6 Korean BBQ Beef 1/2 c (over) WG Brown Rice ½ c Green Salad Mix 3/8 c Shredded Carrots 1/3 c Salad Dressing 1 ea. Steamed Broccoli ½ c Orange (sliced) 1 ea. Milk, Variety ½ pt.	2/7 Oven Fried Chicken 2 ea Steamed Spinach ½ c Baked Beans 1/2 c WG Biscuit w/ Margarine 1 ea. Banana ½ c Milk, Variety ½ pt.	2/8 Roast Turkey and Gravy 3 oz. Stuffing ½ c Green Salad Mix 3/8 c Sliced Cucumber 1/3 c Salad Dressing 1 ea. Mashed Sweet Potatoes ½ c WG Dinner Roll w/ Margarine 1 ea. Baked Apples ½ c Milk, Variety ½ pt.
Falafel Ranch Flatbread (V)	Broccoli Cheese Soup (V)	Black Bean Burger (V)	Rice, Bean and Cheese Empanada(V)	French Bread Cheese Pizza (V)
2/11 WG Penne Pasta 1/2 c w/ Meat Sauce 2/3 c Steamed Carrots ½ c Lima Beans ½ c WG Dinner Roll 1 ea w/ Margarine 1 ea Seasonal Fresh Fruit ½ c Milk, Variety ½ pt	2/12 Beef and Cheese Tortilla Wrap 1 ea. Green Salad Mix 3/8 c Radishes 1/3 c Salad Dressing ½ c Refried Beans ½ c. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt	2/13 Fish Taco on WG Loco Bread 1 ea Tartar Sauce and Lemon Juice 1 ea Corn and Black Bean Salad ½ c Garden Vegetables ½ c Fresh Melon ½ c Milk, Variety ½ pt	2/14 Chicken Alfredo w/ WG Penne ½ c / Pasta ½ c Steamed Broccoli ½ c Steamed Lima Beans ½ c WG Garlic Toast 1 ea Chilled Peaches ½ c Milk, Variety ½ pt	2/15 Salisbury Steak w/ Gravy 4 oz Whipped Potatoes w/ Gravy ½ c Steamed Carrots ½ c WG Biscuit w/ Margarine 1 ea Chilled Mandarin Oranges ½ c Milk, Variety ½ pt
Pasta w/ Marinara & Mozzarella (V)	Baked Croissant w/ Cheese (V)	Broccoli Cheese Soup (V)	Mini Cheese Calzones (V)	Mini Cheese Calzones (V)
2/18 SENIOR CENTERS CLOSED PRESIDENTS' DAY	2/19 Chicken Teriyaki ½ c (over) Low Mein WG Noodles ½ c Oriental Vegetable Blend ½ c Steamed Zucchini ½ c WG Dinner Roll 1 ea Chilled Pears 1 ea Milk, Variety ½ pt	2/20 Fish Taco on WG Loco Bread 1 ea Tartar Sauce and Lemon Juice 1 ea Corn and Black Bean Salad ½ c Steamed Broccoli ½ c Chilled Pineapple ½ c Milk, Variety ½ pt	2/21 Oven Fried Chicken 2 ea Baked Beans ½ c California Vegetable Blend ½ c WG Dinner Roll w/ Margarine 1 ea Fresh Melon ½ c Milk, Variety ½ pt.	2/22 Stuffed Cabbage Roll (Beef) w/ Sauce 1 ea over WG Brown Rice ½ c Steamed Spinach 3/8 c Green Salad Mix 1/3 c Shredded Carrots 1 ea Salad Dressing ½ c Baked Apples ½ c Milk, Variety ½ pt.
	Black Bean Burger (V)	Pasta w/Marinara and Mozzarella (V)	Black Bean Burger (V)	Mini Cheese Calzones (V)
2/25 Orange Chicken (over) 3/8 c WG Lo Mein Noodles 1 c Steamed Broccoli ½ c Oriental Vegetable Blend ½ c Chilled Peaches ½ c Milk, Variety ½ pt	2/26 Stuffed Salmon 1 ea. Tartar Sauce and Lemon Juice 1 ea. Baby Baker Potatoes ½ c Steamed Carrots ½ c WG Biscuit w/ Margarine 1 ea. Seasonal Fresh Fruit ½ c Milk, Variety ½ pt.	2/27 Meatballs w/ Gravy 5 ea/2 oz. Whipped Potatoes w/ Gravy ½ c Steamed Broccoli 1 ea. WG Biscuit w/ Margarine ½ c. Sliced Apples ½ pt Milk, Variety ½ pt	2/28 WG Penne Pasta 1/2 c w/ Meat Sauce 2/3 c California Vegetable Blend ½ c Three Bean Salad ½ c WG Dinner Roll 1 ea w/ Margarine 1 ea Baked Apples ½ c Milk, Variety ½ pt	
Rice, Bean & Cheese Empanada (V)	Broccoli Cheese Soup (V)	French Bread Cheese Pizza (V)	Pasta w/ Marinara & Mozzarella (V)	

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

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