

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		1 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	2 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.	3 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	4 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
BREAKFAST	7 Yogurt 8 oz. Cinnamon Cream Cheese Bagel 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	8 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.	9 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	10 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	11 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	14 CLOSED	15 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	16 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.	17 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	18 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
BREAKFAST	21 Yogurt 8 oz. Cinnamon Cheese Cheese Bagel 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	22 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.	23 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	24 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	25 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

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BREAKFAST	28		29		30		31	
	Hard Boiled Egg	2 ea.	Yogurt	8 oz.	Hard Boiled Egg	2 ea	Croissant	1 ea
	Mini Pancakes	1 ea	Oatmeal	2 ea.	Bagel	1 ea	w/ Sliced Cheese	4 ea
	Banana	1 ea	Applesauce	½ c	Cream Cheese	1 ea	Applesauce	½ c
	Chilled Fruit	½ c	Chilled Fruit	½ c	Applesauce	½ c	Chilled Fruit	½ c
	100% Juice	4 oz.	100% Juice	4 oz.	Chilled Fruit	½ c	100% Juice	4 oz
SNACK	Milk	½ pt.	Milk	½ pt.	100% Juice	4 oz.	Milk	½ pt
	Sliced Seasonal		Turkey		Milk	½ pt.		
	Fresh Fruit	½ c	Dinner Roll	2 oz.	String Cheese		Linden Chocolate Chippers	1 pkg.
	Cottage Cheese	½ c	(1.3 oz.)	1 ea.	Cheddar Goldfish Crackers	1 ea.	Milk	½ pt

09/09/2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1 Orange Chicken (over) WG Lo Mein Noodles Steamed Broccoli Oriental Vegetable Blend Chilled Peaches Milk, Variety Falafel Ranch Flatbread (V)	10/2 Stuffed Salmon Tartar Sauce and Lemon Juice Baby Baker Potatoes Steamed Carrots WG Biscuit w/ Margarine Seasonal Fresh Fruit Milk, Variety Broccoli & Cheese Soup (v)	10/3 Penne Pasta w/ Meatballs Steamed Lima Beans Green Salad Mix Shredded Cucumbers Salad Dressing WG Garlic Toast w/ Margarine Seasonal Fresh Fruit Milk, Variety Cheese Pan Pizza (V)	10/4 Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Seasoned Sweet Potatoes Green Salad Mix Shredded Cucumbers Salad Dressing WG Garlic Toast w/ Margarine Seasonal Fresh Fruit Milk, Variety Baked Croissant w/ Cheese (V)
10/7 Meatballs w/ Gravy Whipped Potatoes w/ Gravy Green Salad Mix Shredded Cucumbers Salad Dressing WG Biscuit w/ Margarine Sliced Apples Milk, Variety Baked Croissant w/ Cheese (V)	10/8 Breaded Pollock (aside) WG Biscuit Tartar Sauce and Lemon Juice Campbell's Minestrone Soup Steamed Broccoli Ketchup Chilled Peaches Milk, Variety Baked Black Bean Burger (V)	10/9 Stuffed Green Pepper (Beef) w/ Shredded Cheese (over) WG Brown Rice Vegetarian Baked Beans Steamed Carrots WG Dinner Roll w/ Margarine Chilled Melon Milk, Variety Black Falafel Ranch Flatbread (V)	10/10 Chicken Teriyaki (over) Vegetable Brown Rice Garden Vegetable Blend Steamed Spinach WG Dinner Roll w/ Margarine Seasonal Fresh Fruit Milk, Variety Pasta w/ Marinara and Mozzarella (V)	10/11 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Zucchini WG Dinner Roll w/ Margarine Orange (sliced) Milk, Variety Broccoli & Cheese Soup (v)
10/14 COLUMBUS DAY CLOSED	10/15 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Fresh Melon Milk, Variety Cheese Pan Pizza (V)	10/16 Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Steamed Corn Steamed Green Beans WG Dinner Roll w/ Margarine Chilled Peaches Milk, Variety Baked Croissant w/ Cheese (V)	10/17 Beef Teriyaki (over) WG Lo Mein Green Salad Mix Shredded Carrots Salad Dressing Oriental Vegetable Blend Orange (sliced) Milk, Variety Pasta w/ Marinara and Mozzarella (V)	10/18 Oven Fried Chicken Minestrone Soup Green Salad Mix Sliced Cucumber Salad Dressing WG Biscuit w/ Margarine Banana Milk, Variety Pasta Black Bean Burger (V)

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10/21 Roast Turkey and Gravy Stuffing Steamed Spinach Seasoned Sweet Potatoes WG Dinner Roll w/ Margarine Baked Apples Milk, Variety French Bread Cheese Pizza (V)	10/22 WG Penne Pasta w/ Chicken Parmesan Lentil Soup Three Bean Salad WG Garlic Toast/Margarine Sliced Oranges Milk, Variety Cheese Calzone (V)	10/23 Beef and Cheese Tortilla Wrap Green Salad Mix Radishes Salad Dressing Corn and Black Bean Salad Seasonal Fresh Fruit Milk, Variety Cheese Pan Pizza (V)	10/24 Fish on WG Bun Tartar Sauce and Lemon Juice Tomato Soup Green Salad Mix Cucumber Slices Salad Dressing Seasonal Fresh Fruit Milk, Variety Broccoli & Cheese Soup (v)	10/25 Chicken Broccoli Alfredo w/ WG Penne Pasta Steamed Lima Beans Garden Vegetables WG Garlic Toast Chilled Peaches Milk, Variety Falafel Ranch Flatbread (V)
10/28 Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Carrots WG Biscuit w/ Margarine Chilled Mandarin Oranges Milk, Variety Pasta w/Marinara and Mozzarella (V)	10/29 Chicken Teriyaki (over) Low Mein WG Noodles Oriental Vegetable Blend Steamed Zucchini WG Dinner Roll w/ Margarine Chilled Pears Milk, Variety Rice w/ Chili Beans & Cheese (V)	10/30 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 Seasonal Fresh Fruit Milk, Variety Black Bean Burger (V)	10/31 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Carrots WG Biscuit (2 oz.) w/ Margarine Orange (sliced) Milk, Variety French Bread Pizza (V)	8/30 Meatballs w/ Gravy Whipped Potatoes Green Salad Mix Shredded Carrots Salad Dressing WG Biscuit (2 oz.) Sliced Apples Milk, Variety Broccoli & Cheese Soup (v)

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MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BAG LUNCH	Tuna Salad on Croissant	1 ea.	Italian Vegetable Wrap	1 ea.	Chicken Salad on Croissant	1ea.	Asian Chicken Wrap	1ea.	Turkey & Swiss Cheese on Croissant	1 ea.
	Three Bean Salad	½ c	<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	Mayonnaise and Mustard	1 ea.
	Chilled Peaches	½ c	Cucumber Slices and Radishes	½ c	Sliced Tomatoes Dressing	1/3 c	Shredded Carrots Dressing	1 ea.	Cucumber Slices and Carrot Coins	½ c
	Orange (Quartered)	1 ea.	Hummus	1 ea	Corn and Black Bean Salad	½ c	Orange (Quartered)	1 ea.	Hummus	1 ea
	Milk	½ pt.	Apple Slices Milk	½ c ½ pt.	Banana Milk	1ea. ½ pt.	Apple Slices Milk	½ c ½ pt.	Banana Milk	1 ea ½ pt.
CHEF SALAD	CAESAR CHICKEN		MEDITERRANEAN SALAD		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	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.	Italian Dressing	1 ea	Tostitos Chips	1 ea.	Seed Dressing	1 ea.	Shredded Carrots	¼ c
	Milk	½ pt.	Apple Slices	½ c	Mandarin Oranges	½ c	Banana Bread	1 ea.	Tortilla Chips	2 oz.
			Milk	1 pt.	Milk	1 pt.	Orange (Quartered)	1 ea.	Ranch Dressing Cup	1 ea.
							Milk	1 pt.	Banana Milk	1 ea. 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.	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.								

FOOD AND NUTRITION SERVICES
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SENIOR CENTER SNACK MENU
October 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK		1 Tortilla Chips 1 bag Salsa 3/8 cup	2 Cheddar Goldfish Crackers 1 ea. String Cheese 1 ea.	3 Linden Chocolate Chippers 1 pkg. Seasonal Fresh Fruit 1 ea.	4 Cheerios 1 ea. Banana 1 ea.
SNACK	7 Wheat Thins 1 ea. String Cheese 1 ea.	8 Banana 1 ea. Giant Goldfish Grahams 1 ea.	9 Nabisco 1 oz. Animal Crackers 1 ea. String Cheese 1 ea.	10 Rice Chex Cereal 1 ea. Yogurt 4 oz	11 French Toast Goldfish 1 ea. Seasonal Fresh Fruit ½ c
SNACK	14 CLOSED	15 Tortilla Chips 1 bag Salsa 3/8 cup	16 Cheddar Goldfish Crackers 1 ea. String Cheese 1 ea.	17 Linden Chocolate Chippers 1 pkg. Seasonal Fresh Fruit 1 ea.	18 Cheerios 1 ea. Tangerine 1 ea
SNACK	21 Wheat Thins 1 ea. String Cheese 1 ea.	22 Banana 1 ea. Giant Goldfish Grahams 1 ea.	23 Nabisco 1 oz. Animal Crackers 1 ea. Cubed Cheese 1 ea.	24 Rice Chex Cereal 1 ea. Milk ½ pt.	25 French Toast Goldfish 1 ea. Seasonal Fresh Fruit ½ c
SNACK	28 Cinnamon Grahams 1 ea. Seasonal Fresh Fruit ½ c	29 Tortilla Chips 1 bag Salsa 3/8 cup	30 Cheddar Goldfish Crackers String Cheese	31 Linden Chocolate Chippers 1 pkg. Seasonal Fresh Fruit 1 ea.	

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