

FOOD AND NUTRITION SERVICES
 Fairfax County Public Schools
INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU
 August 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.	2 Yogurt 8 oz. Mini Bagels w/ Cinnamon 1 ea Cream Cheese ½ c Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK				Seasonal Fresh Fruit 1 ea Cinnamon Grahams 1 ea	Cubed Colby Jack Cheese 1 ea Wheat Thins 1 ea.
BREAKFAST	5 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	6 Cheese Sandwich 1 ea Applesauce ½ c 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 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.	9 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Linden Chocolate 1 pkg. Chippers ½ pt. Milk	Nabisco Animal Crackers 1 ea. Sliced Seasonal Fresh Fruit ½ c	Turkey on 2 oz. Dinner Roll 1 ea. (1.3 oz.)	Seasonal Fresh Fruit 1 ea French Toast Goldfish 1 ea	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c
BREAKFAST	12 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	13 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.	14 Croissant 1 ea w/ Sliced Cheese 4 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	15 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.	16 Yogurt 8 oz. Mini Bagels w/ Cinnamon 1 ea Cream Cheese ½ c Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Turkey & Cheese on 1 oz. Dinner Roll 2 sl. (1.3 oz.) 1 ea.	String Cheese 1 ea. Cheddar Goldfish Crackers 1 ea.	Linden Chocolate Chippers 1 pkg. Banana ½ c	Sliced Seasonal Fresh Fruit ½ c Cinnamon Grahams 1 ea	Cubed Colby Jack Cheese 1 ea. Wheat Thins 1 ea.
BREAKFAST	19 String Cheese 1 ea English Muffin ½ ea Cinnamon Chex 1 ea. Cereal 4 oz. Sun Butter 2 T Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	20 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	21 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	22 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.	23 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
SNACK	Linden Chocolate 1 pkg. Chippers ½ pt. Seasonal Fresh Fruit	Nabisco Animal Crackers 1 ea. Sliced Seasonal Fresh Fruit ½ c	Turkey on 2 oz. Dinner Roll 1 ea. (1.3 oz.)	Seasonal Fresh Fruit 1 ea French Toast Goldfish 1 ea	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c

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BREAKFAST	26	Yogurt	8 oz.	27	Hard Boiled Egg	2 ea	28	Croissant	1 ea	29	Hard Boiled Egg	2 ea.	30	Yogurt	8 oz.
		Oatmeal	2 ea.		Bagel	1 ea		w/ Sliced Cheese	4 ea		Cheerios	1 ea		Mini Bagels w/ Cinnamon	1 ea
		Applesauce	½ c		Cream Cheese	1 ea		Banana	1 ea		English Muffin	½ ea		Cream Cheese	½ c
		Chilled Fruit	½ c		Applesauce	½ c		Chilled Fruit	½ c		Margarine	1 ea		Applesauce	½ c
		100% Juice	4 oz.		Chilled Fruit	½ c		100% Juice	4 oz		Applesauce	1 ea		Chilled Fruit	½ c
		Milk	½ pt.		100% Juice	4 oz.		Milk	½ pt		Chilled Fruit	½ c		100% Juice	4 oz.
					Milk	½ pt.					100% Juice	4 oz.		Milk	½ pt.
SNACK		Turkey & Cheese on Dinner Roll (1.3 oz.)	1 oz. 2 sl. 1 ea.		String Cheese Cheddar Goldfish Crackers	1 ea. 1 ea.		Linden Chocolate Chippers Banana	1 pkg. ½ c		Sliced Seasonal Fresh Fruit Cinnamon Grahams	½ c 1 ea		Cubed Colby Jack Cheese Wheat Thins	1 ea. 1 ea.

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FOOD AND NUTRITION SERVICES
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SENIOR NUTRITION AND ADULT DAY HEALTH LUNCH MENU
August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8/1 Oven Fried Chicken Baked Beans California Vegetable Blend WG Dinner Roll w/ Margarine Sliced Watermelon Milk, Variety Pasta w/Marinara & Mozzarella (V)	8/2 Meatballs w/ Gravy Whipped Potatoes Green Salad Mix Shredded Carrots Salad Dressing WG Biscuit (2 oz.) Sliced Apples Milk, Variety Broccoli & Cheese Soup (v)
8/5 Stuffed Cabbage Roll (Beef) w/ Sauce over Brown Rice Steamed Carrots Green Salad Mix Radishes, Salad Dressing Apple/Strawberry Mix Milk, Variety Cheese Pan Pizza (V)	8/6 Breaded Pollock (aside) WG Biscuit Tartar Sauce and Lemon Juice Campbell's Minestrone Soup Vegetarian Baked Beans Catsup Chilled Peaches Milk, Variety Baked Croissant w/ Cheese (v)	8/7 WG Penne Pasta w/ Meat Sauce California Vegetable Blend Steamed Zucchini WG Dinner Roll w/ Margarine Seasonal Fresh Fruit Milk, Variety Black Bean Burger (V)	8/8 Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Green Beans & Carrots WG Biscuit w/ Margarine Seasonal Fresh Fruit Milk, Variety Pasta w/Marinara & Mozzarella (V)	8/9 Orange Chicken (over) WG Lo Mein Noodles Steamed Carrots Oriental Vegetable Blend Banana Milk, Variety Mini Cheese Calzones (V)
8/12 Roast Turkey and Gravy Stuffing Steamed Spinach Seasoned Sweet Potatoes WG Dinner Roll w/ Margarine Chilled Melon Cubes Milk, Variety Black Bean Burger (V)	8/13 Orange Chicken (over) Brown Rice Garden Vegetable Blend Green Salad Mix Cucumbers Salad Dressing WG Dinner Roll w/ Margarine Watermelon Milk, Variety Cheese Pan Pizza (V)	8/14 Stuffed Salmon Tartar Sauce and Lemon Juice Baby Baker Potatoes Corn and Black Bean Salad WG Biscuit (2 oz.) Banana Milk, Variety Broccoli & Cheese Soup (v)	8/15 Chicken Cordon Bleu (w/ Ham) Over Brown Rice Steamed Corn Steamed Green Beans Biscuit w/ Margarine Orange (Quartered) Milk, Variety Falafel Ranch Flatbread (V)	8/16 Stuffed Green Pepper (Beef) w/ Shredded Cheese (over) Brown Rice Chili Beans Seasoned Sweet Potatoes WG Dinner Roll w/ Margarine Chilled Peaches Milk, Variety Pasta w/Marinara & Mozzarella (V)
8/19 WG Penne Pasta w/ Chicken Parmesan California Vegetable Blend Steamed Kale WG Dinner Roll w/ Margarine Chilled Mandarin Oranges Milk, Variety Rainbow Pizza (V)	8/20 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Chilled Pineapple Milk, Variety Mini Cheese Calzones (V)	8/21 Oven Fried Chicken Baked Beans California Vegetable Blend WG Dinner Roll w/ Margarine Sliced Watermelon Milk, Variety Pasta w/Marinara & Mozzarella (V)	8/22 Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Carrots WG Biscuit Sliced Apples Milk, Variety Cheese Pan Pizza (V)	8/23 Stuffed Cabbage Roll (Beef) w/ Sauce over Brown Rice Steamed Green Beans Green Salad Mix, Shredded Carrots, Salad Dressing Fresh Cantaloupe Cubes Milk, Variety Falafel Ranch Flatbread (V)

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8/26 Chicken Broccoli Alfredo w/ WG Penne Pasta Steamed Carrots Garden Vegetables WG Garlic Toast Seasonal Fresh Fruit Milk, Variety Baked Croissant w/ Cheese (V)	8/27 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Green Beans WG Biscuit (2 oz.) w/ Margarine Orange (Quartered) Milk, Variety Black Bean Burger (V)	8/28 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Banana Milk, Variety Rainbow Pizza (V)	8/29 Oven Fried Chicken Baked Beans California Vegetable Blend WG Dinner Roll w/ Margarine Sliced Watermelon Milk, Variety Pasta w/Marinara & Mozzarella (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 Three Bean Salad Chilled Peaches Orange (Quartered) Milk	1 ea. ½ c ½ c 1 ea. ½ pt.	Turkey-Ham and Cheese on Bun Mayonnaise and Mustard Cucumber and Radish Slices Hummus Apple Slices Milk	1 ea. 1 ea. ½ c 1 ea ½ c ½ pt.	Egg Salad on Croissant Green Salad Mix Sliced Tomatoes Dressing Corn and Black Bean Salad Banana Milk	1ea. 3/8 c 1/3 c 1 ea. ½ c 1ea. ½ pt.	Asian Chicken Wrap Green Salad Mix Shredded Carrots Dressing Orange (Quartered) Apple Slices Milk	1ea. 3/8 c 1/3 c 1 ea. 1 ea. ½ c ½ pt.	Turkey & Swiss Cheese on Croissant Mayonnaise and Mustard Cucumber Slices and Carrot Coins Hummus Banana Milk	1 ea. 1 ea. ½ c 1 ea 1 ea ½ pt.
	CAESAR CHICKEN		EGG & CHEESE		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 Hardboiled Egg Grated Cheese Blend Cherry Tomatoes Cucumber Slices Peas Shredded Carrots Tortilla Chips Ranch Dressing Cup Apple Slices Milk	3 oz. 2 ea. ¼ c 2 ea. 2 ea. ¼ c ¼ c ½ c 2 oz. 1 ea. ½ c 1 pt.	Salad Mix Grilled Chicken Breast Tortilla Strips Cherry Tomatoes Ranch Dressing Tostitos Chips Mandarin Oranges Milk	3 oz. 1ea. 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. 1ea. ¼ c ½ c 1 ea. 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 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 Dinner Roll 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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