

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea. Banana 1 ea. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	3 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	4 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.	5 Croissant 1 ea. w/ Sliced Cheese 4 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	6 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.	Banana 1 ea. Wheat Thins 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Sliced Seasonal Fresh Fruit ½ c. Cheddar Goldfish Crackers 1 ea.
BREAKFAST	9 Yogurt 8 oz. Cinnamon Cream 1 ea. Cheese Bagel 1 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	10 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.	11 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.	12 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c. 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. Milk ½ pt.
SNACK	String Cheese 1 ea. Cheddar Goldfish Crackers 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	16 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea. Banana 1 ea. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	17 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	18 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.	19 Croissant 1 ea. w/ Sliced Cheese 4 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	20 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.	Banana 1 ea. Wheat Thins 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt.	Sliced Seasonal Fresh Fruit ½ c. Cheddar Goldfish Crackers 1 ea.
BREAKFAST	23 Yogurt 8 oz. Cinnamon Cream 1 ea. Cheese Bagel 1 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	24 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.	25 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.	26 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.	27 Cheese Sandwich 1 ea. Applesauce ½ c. Chilled Fruit ½ c. 100% Juice 4 oz. Milk ½ pt.
SNACK	String Cheese 1 ea. Cheddar Goldfish Crackers 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.

“This institution is an equal opportunity provider.”

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BREAKFAST	30		31		
	Hard Boiled Egg	2 ea.	Yogurt	8 oz.	
	Mini Pancakes	1 ea	Oatmeal	2 ea.	
	Banana	1 ea	Applesauce	½ c	
	Chilled Fruit	½ c	Chilled Fruit	½ c	
	100% Juice	4 oz.	100% Juice	4 oz.	
	Milk	½ pt.	Milk	½ pt.	
SNACK	Sliced Seasonal		Turkey		
	Fresh Fruit	½ c	Dinner Roll	2 oz.	
	Cottage Cheese	½ c	(1.3 oz.)	1 ea.	

2/3/2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Carrots WG Biscuit (2 oz) w/ Margarine Chilled Pineapple Milk, Variety French Bread Cheese Pizza (V)	3 Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Steamed Lima Beans Steamed Spinach WG Dinner Roll w/ Margarine Chilled Peaches Milk, Variety Rice w/ Chili Beans & Cheese (V)	4 Roast Turkey and Gravy Stuffing Steamed Green Beans Seasoned Sweet Potatoes WG Dinner Roll w/ Margarine Baked Apples Milk, Variety Baked Croissant w/ Cheese (V)	5 Beef Teriyaki (over) Lo Mein WG Noodles Green Salad Mix Shredded Carrots Salad Dressing Oriental Vegetable Blend Banana Milk, Variety Black Bean Burger (V)	6 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Chilled Applesauce Milk, Variety Veggie Taco on WG Loco Bread (V)
9 Oven Fried Chicken Minestrone Soup Green Salad Mix Sliced Radish Salad Dressing WG Biscuit (2 oz) w/ Margarine Chilled Mandarin Oranges Milk, Variety Cheese Calzone (V)	10 WG Penne Pasta w/ Chicken Parmesan Steamed Carrots Steamed Spinach WG Garlic Toast/Margarine Chilled Peaches Milk, Variety Pasta w/ Marinara and Mozzarella (V)	11 Meatballs w/ Gravy Steamed Broccoli Lima Beans WG Biscuit (2 oz) w/ Margarine Chilled Applesauce Milk, Variety French Bread Cheese Pizza (V)	12 Chicken Broccoli Alfredo w/ WG Penne Pasta Garden Vegetables Green Salad Mix Cucumber Slices Salad Dressing WG Garlic Toast Chilled Pineapple Milk, Variety Veggie Taco on WG Loco Bread (V)	13 Breaded Pollock aside WG Biscuit (2 oz) Tartar Sauce and Lemon Juice Vegetarian Baked Beans Tomato Soup Banana Milk, Variety Baked Croissant w/ Cheese (V)
16 Chicken Teriyaki (over) Lo Mein WG Noodles Oriental Vegetable Blend Steamed Zucchini WG Dinner Roll w/ Margarine Sliced Apples Milk, Variety Black Bean Burger (V)	17 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	18 Orange Chicken (over) WG Lo Mein Noodles Steamed Broccoli Oriental Vegetable Blend Chilled Pineapple Milk, Variety Pasta w/ Marinara and Mozzarella (V)	19 Meatloaf w/ Beef Gravy Steamed Lima Beans Green Salad Mix Sliced Cucumbers Salad Dressing WG Biscuit (2 oz) w/ Margarine Chilled Peaches Milk, Variety Cheese Calzone	20 Stuffed Salmon Tartar Sauce and Lemon Juice Baby Baker Potatoes Steamed Green Beans WG Biscuit (2 oz) w/ Margarine Chilled Mandarin Oranges Milk, Variety

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	Milk, Variety Rice w/ Chili Beans & Cheese (V)		(V)	French Bread Cheese Pizza (V)
23 Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Steamed Carrots Steamed Broccoli WG Dinner Roll w/ Margarine Chilled Peaches Milk, Variety Rice w/ Chili Beans & Cheese (V)	24 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Garden Vegetables WG Biscuit (2 oz) w/ Margarine Chilled Pineapple Milk, Variety Baked Croissant w/ Cheese (V)	25 Roast Turkey and Gravy Stuffing Steamed Green Beans Seasoned Sweet Potatoes WG Dinner Roll w/ Margarine Baked Apples Milk, Variety Black Bean Burger (V)	26 Beef Teriyaki (over) Lo Mein WG Noodles Green Salad Mix Sliced Radish Salad Dressing Oriental Vegetable Blend Banana Milk, Variety Pasta w/ Marinara and Mozzarella (V)	27 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Spinach Chilled Mandarin Oranges Milk, Variety Veggie Taco on WG Loco Bread (V)
30 Salisbury Steak w/ Gravy Steamed Green Beans Seasoned Sweet Potatoes WG Biscuit (2 oz) w/ Margarine Chilled Mandarin Oranges Milk, Variety Baked Croissant w/ Cheese (V)	31 Oven Fried Chicken Minestrone Soup Green Salad Mix Shredded Carrots Salad Dressing WG Biscuit (2 oz) w/ Margarine Banana Milk, Variety Black Bean Burger (V)			

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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	Hummmus	1 ea.
	Dressing	1ea	Dressing	1 ea.	Dressing	1 ea.	Hummmus	1 ea.	Banana	1 ea.
	Chilled Peaches	1/2 c	Orange (Sliced)	1 ea.	Corn and Black Bean Salad	1/2 c	Apple Slices	1/2 c.	Milk	1/2 pt.
	Orange (Quartered)	1/2 c	Apple Slices	1/2 c.	Banana	1ea.	Milk	1 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	1/2 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 Seed Dressing	1 ea.	Cucumber Slices	2 ea.
	Orange (Quartered)	1 ea.	Italian Dressing	1 ea	Tostitos Chips	1 ea.	Banana Bread	1 ea.	Shredded Carrots	1/4 c
Chilled Peaches	1/2 c	Apple Slices	1/2 c	Mandarin Oranges	1/2 c	Orange (Quartered)	1 ea.	Tortilla Chips	2 oz.	
Milk	1/2 pt.	Milk	1 pt.	Milk	1 pt.	Milk	1 pt.	Ranch Dressing Cup	1 ea.	
FRUIT SALAD	Cottage Cheese or Yogurt	1/2 c	Yogurt	4 oz.	Cottage Cheese or Yogurt	1/2 c	Yogurt	4 oz.	Cottage Cheese or Yogurt	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	1 ea.	Margarine	1 ea.	Tortilla Chips	2 oz.	Sliced Fresh Fruit	1 c	Tortilla Chips	2 oz.
	Round	1 c	Sliced Fresh Fruit	1 c	Sliced Fresh Fruit	1 c	Apple Slices	1/2 c	Sliced Fresh Fruit	1 c
	Sliced Fresh Fruit	1 ea.	Apple Slices	1/2 c	Banana	1 ea.	Milk	1/2 pt.	Banana	1 ea.
	Orange (Quartered)	1/2 pt.	Milk	1/2 pt.	Milk	1/2 pt.			Milk	1/2 pt.
	Milk									