

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 Yogurt 8 oz. Cinnamon Cream Cheese Bagel 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	3 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	4 Cheese Sandwich 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 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 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	9 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Banana 1 ea 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 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 Croissant w/ Sliced Cheese 1 ea Applesauce 4 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	13 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.	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	16 Yogurt 8 oz. Cinnamon Cream Cheese Bagel 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	17 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	18 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Banana ½ pt.	19 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	20 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 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	23 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	SENIOR CENTERS/ADHC HALF DAY NO MEALS HAPPY HOLIDAYS		25 SENIOR CENTERS CLOSED HAPPY HOLIDAYS	27 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			Linden Chocolate Chippers 1 pkg. Milk ½ pt	Sliced Seasonal Fresh Fruit ½ c Cheddar Goldfish Crackers 1 ea

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BREAKFAST	30		31	1/1/20	1/2/20	1/3/20		
	Yogurt	8 oz.	String Cheese	1 ea	SENIOR CENTERS CLOSED HAPPY HOLIDAYS	Yogurt	8 oz	String Cheese
Cinnamon Cream		English Muffin	½ ea	Oatmeal		2 ea	English Muffin	1 ea
Cheese Bagel	1 ea	Rice Chex Cereal	1 ea.	Applesauce	½ c	WOW Butter	1 ea	
Applesauce	½ c	WOW Butter	1 ea	Chilled Fruit	½ c	Applesauce	½ c	
Chilled Fruit	½ c	Banana	1 ea	100% Juice	4 oz	Chilled Fruit	½ c	
100% Juice	4 oz.	Chilled Fruit	½ c	Milk	½ pt	100% Juice	4 oz	
Milk	½ pt.	100% Juice	4 oz			Milk	½ pt	
		Milk	½ pt					
SNACK	Banana	1 ea.	Turkey	1 oz.	Wheat Thins	1 ea		
	Wheat Thins	1 ea.	and Cheese on	2 ea	String Cheese	1 ea	Banana	1 ea
		Dinner Roll (1.3 oz.)	1 ea			French Toast Goldfish	1 ea	

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

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

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<p>12/23 Stuffed Green Pepper (Beef) w/ Shredded Cheese (over) WG Brown Rice Steamed Lima Beans Tomato Soup WG Dinner Roll w/ Margarine Banana Milk, Variety Baked Croissant w/ Cheese (V)</p>	<p>12/24 HALF DAY NO MEALS</p>	<p>12/25 CLOSED</p>	<p>12/26 Oven Fried Chicken Vegetarian Baked Beans Steamed Spinach WG Biscuit w/ Margarine Chilled Pineapple Milk, Variety Pasta w/ Marinara and Mozzarella (V)</p>	<p>12/27 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Carrots WG Dinner Roll w/ Margarine Orange (sliced) Milk, Variety Rice w/ Chili Beans & Cheese (V)</p>
<p>12/30 Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Green Beans Fresh Melon Milk, Variety Veggie Taco on WG Loco Bread (V)</p>	<p>12/31 Choose from Tuesday Cold Options: <ul style="list-style-type: none"> • Asian Chicken Wrap • Mediterranean Salad • Fruit Salad (FCPS CLOSED)</p>	<p>1/1/20 CLOSED</p>	<p>1/2/20 Beef Teriyaki (over) Lo Mein WG Noodles Green Salad Mix Shredded Carrots Salad Dressing Oriental Vegetable Blend Orange (sliced) Milk, Variety Black Bean Burger (V)</p>	<p>1/3/20 Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Steamed Corn Steamed Broccoli WG Dinner Roll w/ Margarine Chilled Peaches Milk, Variety Baked Croissant w/ Cheese (V)</p>

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December 2019
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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BAG LUNCH	Tuna Salad on Croissant	1 ea.	Asian Chicken Wrap	1ea.	Chicken Salad on Croissant	1ea.	Turkey & Swiss Cheese on Sub Roll	1 ea.	Italian Vegetable Wrap	1 ea.
	Green Salad Mix	3/8 c	<i>Contains: Chicken, Cranberries, Carrots, Noodles, Salad Mix, Asian Dressing</i>		Green Salad Mix	3/8 c	Mayonnaise and Mustard	1 ea.	<i>Contains: Cucumber, Salad Mix, Red Pepper, Green Pepper, Onion, Mozzarella Cheese, Italian Dressing</i>	
	Sliced Carrots	1/3 c	Green Salad Mix	3/8 c	Sliced Tomatoes	1/3 c	Cucumber Slices and Radishes	1/2 c	Cucumber Slices and Radishes	1/2 c.
	Dressing	1ea	Shredded Carrots	1/3 c	Dressing	1 ea.	Hummus	1 ea	Hummus	1 ea.
	Chilled Peaches	1/2 c	Dressing	1 ea.	Corn and Black Bean Salad	1/2 c	Apple Slices	1/2 c	Banana	1 ea.
	Orange (Sliced)	1/2 c	Orange (Sliced)	1 ea.	Banana	1ea.	Milk	1/2 pt.	Milk	1/2 pt.
	Milk	1/2 pt.	Apple Slices	1/2 c.	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	2 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		Cucumber Slices	2 ea.	
Orange (Quartered)	1 ea.	Italian Dressing	1 ea	Tostitos Chips	1 ea.	Seed Dressing	1 ea.	Shredded Carrots	1/4 c	
Milk	1/2 pt.	Apple Slices	1/2 c	Mandarin Oranges	1/2 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	1 ea.	
								Milk	1 pt.	
FRUIT SALAD	Cottage Cheese	1/2 c	Yogurt	4 oz.	Cottage Cheese	1/2 c	Yogurt	4 oz.	Cottage Cheese	1/2 c
	String Cheese	1 ea.	Dinner Roll	1 ea.	String Cheese	1 ea.	Banana Bread	1 ea.	String Cheese	1 ea.
	Oatmeal Raisin Round	1 ea.	Margarine	1 ea.	Tortilla Chips	2 oz.	Sliced Fresh Fruit	1 c	Tortilla Chips	2 oz.
Sliced Fresh Fruit	1 c	Sliced Fresh Fruit	1 c	Sliced Fresh Fruit	1 c	Apple Slices	1/2 c	Sliced Fresh Fruit	1 c	
Orange (Quartered)	1 ea.	Apple Slices	1/2 c	Banana	1 ea.	Milk	1/2 pt.	Banana	1 ea.	
Milk	1/2 pt.	Milk	1/2 pt.	Milk	1/2 pt.			Milk	1/2 pt.	

FOOD AND NUTRITION SERVICES
 Fairfax County Public Schools
SENIOR CENTER SNACK MENU
 December 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	2 Wheat Thins 1 ea. String Cheese 1 ea.	3 Tortilla Chips 1 bag Salsa 3/8 cup	4 Linden Chocolate Chippers 1 pkg. Seasonal Fresh Fruit 1 ea.	5 Nabisco 1 oz. Animal Crackers 1 ea. String Cheese 1 ea.	6 French Toast Goldfish 1 ea. Seasonal Fresh Fruit ½ c
SNACK	9 Cinnamon Grahams 1 ea. Seasonal Fresh Fruit ½ c	10 Banana 1 ea. Giant Goldfish Grahams 1 ea.	11 Cheddar Goldfish Crackers 1 ea. String Cheese 1 ea.	12 Rice Chex Cereal 1 ea. Yogurt 4 oz	13 Cheerios 1 ea. Banana 1ea.
SNACK	16 Wheat Thins 1 ea. String Cheese 1 ea.	17 Tortilla Chips 1 bag Salsa 3/8 cup	18 Linden Chocolate Chippers 1 pkg. Seasonal Fresh Fruit 1 ea.	19 Nabisco 1 oz. Animal Crackers 1 pkg. String Cheese 1 ea.	20 French Toast Goldfish 1 ea. Seasonal Fresh Fruit ½ c
SNACK	23 Cinnamon Grahams 1 ea. Seasonal Fresh Fruit ½ c	24 SENIOR CENTERS/ADHC HALF DAY NO MEALS HAPPY HOLIDAYS	25 SENIOR CENTERS CLOSED HAPPY HOLIDAYS	26 Rice Chex Cereal 1 ea. Milk ½ pt.	27 Cheerios 1 ea. Tangerine 1ea.
SNACK	30 Wheat Thins 1 ea. String Cheese 1 ea.	31 Tortilla Chips 1 bag Salsa 3/8 cup	1/1/20 SENIOR CENTERS CLOSED HAPPY HOLIDAYS	1/2/20 Nabisco 1 oz. Animal Crackers 1 pkg. String Cheese 1 ea.	1/3/20 French Toast Goldfish 1 ea. Seasonal Fresh Fruit ½ c

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