

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

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>		1  <b>NEW YEARS DAY SENIOR CENTERS CLOSED</b>	2 Cheese Sandwich 1 ea Applesauce ½ c 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 Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
<b>SNACK</b>			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
<b>BREAKFAST</b>	7 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	8 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	9 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.	10 Croissant 1 ea w/ Sliced Cheese 4 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	11 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.
<b>SNACK</b>	Sliced Seasonal Fresh Fruit ½ c Cottage Cheese ½ c	Turkey & Cheese on Dinner Roll (1.3 oz.) 1 oz. 2 sl. 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
<b>BREAKFAST</b>	14 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.	15 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.	16 Cheese Sandwich 1 ea Applesauce ½ c 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 Sun Butter 2 T Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.
<b>SNACK</b>	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
<b>BREAKFAST</b>	21  <b>MARTIN LUTHER KING JR DAY SENIOR CENTERS CLOSED</b>	22 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	23 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.	24 Croissant 1 ea w/ Sliced Cheese 4 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	25 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.
<b>SNACK</b>		Turkey & Cheese on Dinner Roll (1.3 oz.) 1 oz. 2 sl. 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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<b>BREAKFAST</b>	28	29	30	31
	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			
<b>SNACK</b>	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.

12/2018

**FOOD AND NUTRITION SERVICES**  
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**SENIOR NUTRITION AND ADULT DAY HEALTH LUNCH MENU**  
**January 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1/1</b></p> <p style="text-align: center;">SENIOR CENTERS CLOSED HAPPY NEW YEAR</p>	<p><b>1/2</b></p> <p>Oven Fried Chicken Steamed Spinach Baked Beans WG Biscuit w/ Margarine Banana Milk, Variety <b>Baked Croissant w/ Cheese (V)</b></p>	<p><b>1/3</b></p> <p>Roast Turkey &amp; Gravy Stuffing Green Salad Mix Sliced Cucumber, Salad Dressing Mashed Sweet Potatoes WG Dinner Roll w/ Margarine Baked Apples Milk, Variety <b>Pasta w/ Marinara &amp; Mozzarella (V)</b></p>	<p><b>1/4</b></p> <p>WG Penne Pasta w/ Meat Sauce Steamed Carrots Lima Beans WG Dinner Roll w/ Margarine Seasonal Fresh Fruit Milk, Variety <b>Mini Cheese Calzones (V)</b></p>
<p><b>1/7</b></p> <p>Beef and Cheese Tortilla Wrap Green Salad Mix Radishes, Salad Dressing Refried Beans Seasonal Fresh Fruit Milk, Variety <b>Baked Croissant w/ Cheese (V)</b></p>	<p><b>1/8</b></p> <p>Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Garden Vegetables Fresh Melon Milk, Variety <b>Pasta w/ Marinara &amp; Mozzarella (V)</b></p>	<p><b>1/9</b></p> <p>Chicken Alfredo w/ WG Penne Pasta Steamed Broccoli Steamed Lima Beans WG Garlic Toast Chilled Peaches Milk, Variety <b>Mini Cheese Calzones (V)</b></p>	<p><b>1/10</b></p> <p>Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Carrots WG Biscuit w/ Margarine Chilled Mandarin Oranges Milk, Variety <b>Rainbow Pizza (V)</b></p>	<p><b>1/11</b></p> <p>Chicken Teriyaki (over) Low Mein WG Noodles Oriental Vegetable Blend Steamed Zucchini WG Dinner Roll Chilled Pears, Milk, Variety <b>Black Bean Burger (V)</b></p>
<p><b>1/14</b></p> <p>Fish Taco on WG Loco Bread Tartar Sauce and Lemon Juice Corn and Black Bean Salad Steamed Broccoli Chilled Pineapple Milk, Variety <b>Mini Cheese Calzones (V)</b></p>	<p><b>1/15</b></p> <p>Oven Fried Chicken Baked Beans California Vegetable Blend WG Dinner Roll w/ Margarine Fresh Melon Milk, Variety <b>Falafel Ranch Flatbread (V)</b></p>	<p><b>1/16</b></p> <p>Stuffed Cabbage Roll (Beef) w/ Sauce over WG Brown Rice Steamed Spinach Green Salad Mix Shredded Carrots, Salad Dressing Baked Apples Milk, Variety <b>Rainbow Pizza (V)</b></p>	<p><b>1/17</b></p> <p>Orange Chicken (over) WG Lo Mein Noodles Steamed Broccoli Oriental Vegetable Blend Chilled Peaches Milk, Variety <b>Rice, Bean &amp; Cheese Empanada (V)</b></p>	<p><b>1/18</b></p> <p>Stuffed Salmon Tartar Sauce and Lemon Juice Baby Baker Potatoes Steamed Carrots WG Biscuit w/ Margarine Seasonal Fresh Fruit Milk, Variety <b>Broccoli Cheese Soup (V)</b></p>
<p><b>1/21</b></p> <p style="text-align: center;">SENIOR CENTERS CLOSED MARTIN LUTHER KING JR. DAY</p>	<p><b>1/22</b></p> <p>Meatballs w/ Gravy Whipped Potatoes w/ Gravy Steamed Broccoli WG Biscuit w/ Margarine Sliced Apples Milk, Variety <b>French Bread Cheese Pizza (V)</b></p>	<p><b>1/23</b></p> <p>WG Penne Pasta w/ Meat Sauce California Vegetable Blend Three Bean Salad WG Dinner Roll w/ Margarine Baked Apples Milk, Variety <b>Pasta w/Marinara&amp; Mozzarella (V)</b></p>	<p><b>1/24</b></p> <p>Chicken Cordon Bleu (w/ Ham) (over) WG Brown Rice Baby Baker Potatoes Steamed Broccoli WG Dinner Roll w/ Margarine Fresh Melon, Milk, Variety <b>Black Bean Burger (V)</b></p>	<p><b>1/25</b></p> <p>Breaded Pollock (aside) WG Biscuit Tartar Sauce and Lemon Juice Campbell's Minestrone Soup Green Salad Mix, Shredded Cucumbers Salad Dressing, Ketchup Chilled Pears, Milk, Variety <b>Falafel Ranch Flatbread (V)</b></p>
<p><b>1/28</b></p> <p>Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Green Beans &amp; Carrots WG Biscuit w/ Margarine Seasonal Fresh Fruit Milk, Variety <b>Baked Croissant w/ Cheese (V)</b></p>	<p><b>1/29</b></p> <p>Chicken Cordon Bleu (w/ Ham) Steamed Corn Steamed Green Beans WG Biscuit w/ Margarine Chilled Pears Milk, Variety <b>Broccoli Cheese Soup (V)</b></p>	<p><b>1/30</b></p> <p>Korean BBQ Beef (over) WG Brown Rice Green Salad Mix Shredded Carrots, Salad Dressing, Steamed Broccoli Orange (sliced), Milk, Variety <b>Black Bean Burger (V)</b></p>	<p><b>1/31</b></p> <p>Oven Fried Chicken Steamed Spinach Baked Beans WG Biscuit w/ Margarine Banana Milk, Variety <b>Rice, Bean&amp;Cheese Empanada (V)</b></p>	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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