

**FOOD AND NUTRITION SERVICES**  
 Fairfax County Public Schools  
**INSIGHT MEMORY CARE AND ADULT DAY HEALTH BREAKFAST AND SNACK MENU**  
 December 2018

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	3 Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream 1 ea Cheese ½ c Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk	4 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	5 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	6 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	7 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>	10 Hard Boiled Egg 2 ea. Mini Pancakes 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	11 Yogurt 8 oz. Oatmeal 2 ea. Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	12 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.	13 Croissant 1 ea w/ Sliced Cheese 4 ea Banana 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	14 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>	17 Yogurt 8 oz. Mini Bagels w/ Cinnamon Cream 1 ea Cheese ½ c Applesauce ½ c Chilled Fruit 4 oz. 100% Juice ½ pt. Milk	18 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	19 Cheese Sandwich 1 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Banana ½ pt. Milk	20 Yogurt 8 oz. Oatmeal 2 ea Applesauce ½ c Chilled Fruit ½ c 100% Juice 4 oz. Milk ½ pt.	21 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>	24 HAPPY HOLIDAYS	25 HAPPY HOLIDAYS	26 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.	27 Croissant 1 ea w/ Sliced Cheese 4 ea Applesauce 1 ea Chilled Fruit ½ c 100% Juice 4 oz Milk ½ pt	28 Hard Boiled Egg 2 ea. Cheerios 1 ea English Muffin ½ ea Margarine 1 ea Applesauce 1 ea Chilled Peaches ½ c 100% Juice 4 oz. Milk ½ pt.
<b>SNACK</b>			String Cheese 1 ea. Cheddar Goldfish Crackers 1 ea.	Linden Chocolate Chippers 1 pkg. Milk ½ pt	Chilled Pears ½ c Cheddar Goldfish Crackers 1 ea

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<b>BREAKFAST</b>	31				
	Yogurt	8 oz.			
	Mini Bagels w/ Cinnamon Cream Cheese	1 ea ½ c			
	Applesauce	½ c			
	Chilled Pineapple	4 oz.			
	100% Juice	½ pt.			
	Milk				
<b>SNACK</b>	Mandarin Oranges	1 ea.			
	Wheat Thins	1 ea.			

12/2018

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**SENIOR NUTRITION AND ADULT DAY HEALTH LUNCH MENU**  
**December 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/3 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>	12/4 Oven Fried Chicken Baked Beans California Vegetable Blend WG Dinner Roll w/ Margarine Fresh Melon Milk, Variety <b>Falafel Ranch Flatbread (V)</b>	12/5 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>	12/6 Orange Chicken (over) WG Lo Mein Noodles Steamed Broccoli Oriental Vegetable Blend Chilled Peaches Milk, Variety <b>Rice, Bean &amp; Cheese Empanada (V)</b>	12/7 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>
12/10 Meatballs w/ Gravy Whipped Potatoes w/ Gravy Steamed Broccoli WG Biscuit w/ Margarine Sliced Apples Milk, Variety <b>French Bread Cheese Pizza (V)</b>	12/11 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>	12/12 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>	12/13 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>	12/14 Salisbury Steak w/ Gravy Whipped Potatoes w/ Gravy Steamed Green Beans & Carrots WG Biscuit w/ Margarine Seasonal Fresh Fruit Milk, Variety <b>Baked Croissant w/Cheese (V)</b>
12/17 Chicken Teriyaki (over) Low Mein WG Noodles Oriental Vegetable Blend Steamed Zucchini WG Dinner Roll Chilled Pears Milk, Variety <b>Rainbow Pizza (V)</b>	12/18 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, Milk, Variety <b>Black Bean Burger (V)</b>	12/19 Chicken Tenders Seasoned Sweet Potatoes Steamed Kale WG Dinner Roll w/ Margarine Seasonal Fresh Fruit Milk, Variety <b>Mini Cheese Calzones (V)</b>	12/20 Meatloaf w/ Beef Gravy Whipped Potatoes w/Gravy Steamed Zucchini WG Dinner Roll w/ Margarine Orange (sliced) Milk, Variety <b>Rice, Bean &amp; Cheese Empanada (V)</b>	12/21 Fish on WG Bun Tartar Sauce and Lemon Juice Tomato Soup Green Salad Mix Cucumber Slices Salad Dressing Seasonal Fresh Fruit Milk, Variety <b>Falafel Ranch Flatbread (V)</b>
12/24  SENIOR CENTERS CLOSED HAPPY HOLIDAYS	12/25  SENIOR CENTERS CLOSED HAPPY HOLIDAYS	12/26  NO FCPS LUNCH PROVIDED	12/27 Chicken Cordon Bleu (w/ Ham) Steamed Corn Steamed Green Beans WG Biscuit w/ Margarine Chilled Pears Milk, Variety <b>French Bread Cheese Pizza (V)</b>	12/28 Korean BBQ Beef (over) WG Brown Rice Green Salad Mix Shredded Carrots, Salad Dressing Steamed Broccoli Orange (sliced) Milk, Variety <b>Rice, Bean &amp; Cheese Empanada (V)</b>
12/31  NO FCPS LUNCH PROVIDED	1/1  SENIOR CENTERS CLOSED HAPPY NEW YEAR	1/2 Oven Fried Chicken Steamed Spinach Baked Beans WG Biscuit w/ Margarine Banana Milk, Variety <b>Bakes Croissant w/ Cheese (V)</b>	1/3 Roast Turkey and 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>	1/4 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>

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<b>BAG LUNCH</b>	Egg Salad 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.	Tuna Salad on Sub Roll	1 ea.	Turkey & Swiss Cheese on Sub Roll	1 ea.	Asian Chicken Wrap <i>Contains: Chicken, Cranberries, Carrots, Noodles, Salad Mix, Asian Dressing</i>	1 ea.
	Three Bean Salad	½ c.	Cucumber Slices and Radishes	½ c.	Green Salad Mix	3/8 c	Mayonnaise and Mustard	1 ea.	Green Salad Mix	3/8 c
	Chilled Peaches	½ c.	Hummus	1 ea.	Sliced Tomatoes	1/3 c	Cucumber Slices and Radishes	½ c.	Shredded Carrots	1/3 c
	Orange (Quartered)	1 ea.	Apple Slices	½ c.	Dressing	1 ea.	Hummus	1 ea.	Dressing	1 ea.
	Milk	½ pt.	Milk	½ pt.	Corn and Black Bean Salad	½ c.	Banana	½ pt.	Orange (Quartered)	½ c.
					Banana	½ pt.	Banana	½ pt.	Apple Slices	½ pt.
					Milk	½ pt.	Milk	½ pt.	Milk	½ pt.
<b>CHEF SALAD</b>	<b>CAESAR CHICKEN</b>		<b>GREEK CHICKEN</b>		<b>SOUTHWEST CHICKEN</b>		<b>APPLE CRANBERRY CHICKEN</b>		<b>TACO SALAD</b>	
	Romaine	3 oz.	Salad Mix	3 oz.	Romaine	3 oz.	Salad Mix	3 oz.	Salad Mix	3 oz.
Grilled Chicken	1/3 c	Grilled Chicken	1 ea.	Grilled Chicken Breast	1 ea.	Grilled Chicken	1 ea.	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	1 ea.	Cucumber Slices	2 ea.	
Orange (Quartered)	1 ea.	Black Olives, sliced	¼ c	Tostitos Chips	1 ea.	Seed Dressing	1 ea.	Shredded Carrots	¼ c	
Milk	½ pt.	Mini Flat Breads	4 ea	Mandarin Oranges	½ c	Banana Bread	1 ea.	Tortilla Chips	2 oz.	
		Italian Dressing	1 ea.	Milk	1 pt.	Orange (Quartered)	1 ea.	Ranch Dressing Cup	1 ea.	
		Apple Slices	½ c			Milk	1 pt.	Banana	1 ea.	
		Milk	1 pt.					Milk	1 pt.	
<b>FRUIT SALAD</b>	Cottage Cheese	½ c	Yogurt	4 oz.	Cottage Cheese	½ c	Yogurt	4 oz.	Cottage Cheese	½ c
	String Cheese	1 ea.	WG Biscuit (2 oz.)	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	½ c	Sliced Fresh Fruit	1 c	
Orange (Quartered)	1 ea.	Apple Slices	½ c	Banana	1 ea.	Milk	½ pt.	Banana	1 ea.	
Milk	½ pt.	Milk	½ pt.	Milk	½ pt.			Milk	½ pt.	