

BeanTree Learning

April 3 - 7, 2017

	4/3	4/4	4/5	4/6	4/7
Breakfast	Whole Grain Bagel, 1/2 ea with Grape Jelly 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c	Krispie Rice Cereal, 1/3 c Fresh Orange Wedges, 4 ea Milk, 3/4 c Toddlers Diced Peaches in Juice	Cheerio's Cereal, 1/3 c 100% Orange Raspberry Juice, 1/2 c No Dyes Milk, 3/4 c	Whole Grain English Muffin, 1/2 ea with Grape Jelly All Natural Applesauce, 1/2 c Milk, 3/4 c	Corn Chex Cereal (Gluten Free), 1/3 c Fresh Banana, 1/2 ea Milk, 3/4 c
AM & PM Snacks	French Toast Sticks, 2 ea with syrup; Milk, 1/2 c PM Multigrain Sunchips, 1/2 bag 100% Strawberry Kiwi Juice, 1/2 c Toddlers Vanilla Yogurt	AM Blueberry Bread, 1 sl Milk, 1/2 c PM Cinnamon Elf Grahams, 1 ea Fresh Cantaloupe, 1 sl Toddlers Diced Cantaloupe	AM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea Toddlers Cheddar Cheese Slice	AM Corn Chex Cereal (Gluten Free), 1/3 c Milk, 1/2 c PM Whole Grain Cheese Goldfish, 1 pkt ea 100% Orange Raspberry Juice, no dyes, 1/2c Toddlers All Natural Applesauce	AM Banana Bread, 1 sl Milk, 1/2 c PM Vanilla Yogurt, 1/2 c Fresh Apple, 1/2 ea Toddlers All Natural Applesauce
Lunch	Mini Cheese Ravioli with Whole Grains, 1/2 c Shredded Mozzarella, 1/2 oz Steamed Green Beans, 1/4 c Chilled Diced Pears, 3/8 c Milk, 3/4 c	All Natural Asiago Chicken, Whole Grain Pasta with Diced Tomatoes & Spinach, 1/2 c Baby Carrots with dip, 1/4 c Granny Smith Apples, 3/8 c Milk, 3/4 c Toddlers Carrot Coins/Applesauce	Country Salisbury Steak with Low Sodium Gravy, 1 ea Red Skin Mashed Potatoes, 1/4 c 100% Whole Grain Bread, 1/2 sl Scandinavian Veggie Blend, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Diced Cantaloupe	Whole Grain Spaghetti with Beef & Turkey Marinara, 1/3 c 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c Toddlers Sweet Tender Peas	All Natural Deli Sliced Chicken Breast Sandwich, 1.5 oz on 100% Whole Grain Bread, 1 sl Mayo and Mustard on the Side Lettuce, Spinach & Lolla Russo Salad Creamy Ranch Dressing, 1/4 c Chilled Diced Peaches in Juice, 3/8 c Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies
Vegetarian Lunch	Mini Cheese Ravioli with Whole Grains, 1/2 c Shredded Mozzarella, 1/2 oz Steamed Green Beans, 1/4 c Chilled Diced Pears, 3/8 c Milk, 3/4 c	All Natural Asiago Chickenless strips, Whole Grain Pasta with Diced Tomatoes & Spinach, 1/2 c Fresh Baby Carrots 1/4 c Baby Carrots with dip, 1/4 c Granny Smith Apples, 3/8 c Milk, 3/4 c Toddlers Carrot Coins/Applesauce	Morningstar Vegetarian Burger, 1 ea on Whole Grain Bread, 1/2sl With Vegetarian Gravy Red Skin Mashed Potatoes, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Diced Cantaloupe	Whole Grain Spaghetti with Marinara Sauce, 1/2 c Low Fat Shredded Mozzarella, 1.5 oz Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c Toddlers Sweet Tender Peas	Vegetarian Meatballs, 2 ea With Vegetarian Gravy Wheat Dinner Roll, 1 ea Lettuce, Spinach & Lolla Russo Salad Creamy Ranch Dressing, 1/4 c Seedless Watermelon, 1 sl Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies

Portions meet CACFP requirements for 3 to 5 years olds. All alternates discussed on an individual basis as needed.
6 oz. of milk is required with each meal. This menu contains no pork or peanut products.
Vegetarian meals contain no beef or poultry.

Fairfax Food Service & Caterers
PO Box 418, Newington, VA 22122
703.550.1820

Taste the Difference! BeanTree menus contain more of the follow healthy menu items: juices that are 100% juice and contain no dyes, hormone-free milk, ketchup without High Fructose Corn Syrup, whole grain pasta, whole grain and whole wheat breads, organic chicken nuggets, antibiotic-free and hormone-free beef and chicken menu items, nitrite-free turkey, low-fat cheeses, all-natural applesauce, and diced fruits stored in juice (not syrup).

BeanTree Learning

April 10 - 14, 2017

	4/10	4/11	4/12	4/13	4/14
Breakfast	Krispie Rice Cereal, 1/3 c 100% Strawberry Kiwi Juice, no dyes 1/2 c Milk, 3/4 c	French Toast Sticks, 2 ea. with Maple Syrup 100% Apple Juice, no dyes 1/2 c Milk, 3/4 c	Cheerio's Cereal, 1/3 c Chilled Mixed Fruit, 1/2 c Milk, 3/4 c	Blueberry Bread, 1 sl Fresh Diced Melons, 1/2 c Milk, 3/4 c	Cheddar Cheese Biscuit, 1 ea 100% White Grape Juice, 1/2 c Milk, 3/4 c
AM & PM Snacks	Blueberry Bread, 1sl Milk, 1/2 c PM String Cheese, 1 ea Diced Pears in Juice, 1/2 c	AM Graham Crackers, 2 ea Milk, 1/2 c PM Ritz Crackers, 4 ea Fresh Apple, 1/2 ea Toddlers All Natural Applesauce	AM Whole Grain Bagel, 1/2 ea with Grape Jelly Milk, 1/2 c PM Cinnamon Elf Grahams, 1 pkt 100% Strawberry Kiwi Juice, 1/2 c No Dyes	AM Whole Grain Honey Wheat Cheese Biscuit, 1 ea Milk, 1/2 c PM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea	AM Mini Pretzels, 8 ea Milk, 1/2 c PM Graham Crackers, 2 ea Fresh Honeydew Melon, 1 sl
Lunch	Oven-Baked Chicken Breast Patty Sandwich, 1 ea on a Whole Wheat Hamburger Roll with Ketchup Sweet Tender Peas, 1/4 c All Natural Applesauce, 3/8 c Milk, 3/4 c	All Natural Beef Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup Mashed Sweet Potatoes, 1/4 c Fresh Apple Slices, 3/8 c Milk, 3/4 c	Mexican Nacho Fiesta, 1/4 c with Shredded Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Fresh Baby Carrots, 1/4 c with Creamy Ranch Dip Diced Pears in Juice, 3/8 c Milk, 3/4 c Toddlers Carrot Coins 100% Whole Wheat Bread	Italian Beef Meatballs, 3 ea On a Sub Roll, 1/2 ea with Shredded Mozzarella, 1/2 oz Fresh Sautéed Green Beans, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Diced Canteloupe	All Natural Breaded Chicken Tenders, 2 ea Jasmine Rice with Vegetables, 1/4 c Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Apple Slices, 3/8 c Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies All Natural Applesauce
Vegetarian Lunch	Veggie Nuggets, 4 ea with Ketchup Whole Wheat Roll, 1 ea Sweet Tender Peas, 1/4 c All Natural Applesauce, 3/8 c Milk, 3/4 c	Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup Mashed Sweet Potatoes, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c	Vegetarian Mexican Nacho Fiesta, 1/4 c with Shredded Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Fresh Baby Carrots with Ranch Dip 1/4 c Diced Pears in Juice, 3/8 c Milk, 3/4 c Toddlers Carrot Coins 100% Whole Grain Bread	Italian Vegetarian Meatball on a Sub Roll, 1/2 ea Fresh Sautéed Green Beans, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Diced Canteloupe	Veggie Nuggets, 4 ea with Ketchup Jasmine Rice with Vegetables, 1/4 c Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Apple Slices, 3/8 c Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies All Natural Applesauce

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BeanTree Learning

April 17 - 21, 2017

	4/17	4/18	4/19	4/20	4/21
Breakfast	Ultra 100% Whole Wheat Mini Blueberry Loaf, 1 ea All Natural Applesauce, 1/2 c Milk, 3/4 c	Whole Grain English Muffin, 1/2 ea with Grape Jelly 100 % White Grape Juice, 1/2 c Milk, 3/4 c	Whole Grain Honey Wheat Biscuit with cheese, 1 ea Chilled Diced Pears, 1/2 c Milk, 3/4 c	Cheerio's Cereal, 1/3 c 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c	Corn Chex Cereal (Gluten Free), 1/3 c All Natural Applesauce, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c PM Multigrain Sunchips, 1/2 bag Mild Salsa, 1 oz Toddlers Vanilla Yogurt	AM Blueberry Bread, 1 sl Milk, 1/2 c PM String Cheese, 1 ea Saltine Crackers, 4 ea	AM Cheerios Cereal, 1/3 c Milk, 1/2 c PM Whole Grain Cheese Goldfish, 1 ea Fresh Banana, 1/2 ea	AM Strawberry Yogurt, 1/2 c Graham Crackers, 2 ea PM Fresh Sliced Cucumbers, 1/2 c with Ranch Dip Whole Grain Crackers, 2 pkts ea Toddlers Diced HoneyDew Melon	AM Goldfish, 1/3 c 100% Orange Raspberry Juice, no dyes, 1/2 c PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea Toddlers Cheddar Cheese Slice
Lunch	Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Chilled Diced Pears, 3/8 c Milk, 3/4 c Toddlers Carrot Coins	Macaroni & Cheese with Whole Grains, 1/2 c 100 % Whole Grain Bread Mixed Vegetables with Creamy Ranch Dip Mixed Melons Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies	All Natural Gluten-Free Chicken Breast Chunks, 3 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Scandinavian Blend Plus, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice	All Natural, Hormone-Free Chicken Fajita Strips, 1.5 oz 6" Whole Wheat Tortilla, 1 ea Low Fat Shredded Cheddar, 1/2 oz with Salsa and Sour Cream, 1 oz Sweet Yellow Corn, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c; Milk, 3/4 c Toddlers Green Beans/Melon Mix	Whole Grain Penne Pasta in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Five-Way Hot Mixed Veggies, Including Corn, 1/4 c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Carrot Coins/Diced Cantaloupe
Vegetarian Lunch	Veggie Egg Roll, 2 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots 1/4 c with Ranch Dip Chilled Diced Pears, 3/8 c Milk, 3/4 c Toddlers Carrot Coins	Macaroni & Cheese with Whole Grains, 1/2 c 100 % Whole Grain Bread Mixed Vegetables with Creamy Ranch Dip Mixed Melons Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies	Veggie Nuggets, 4 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Scandinavian Blend Plus, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice	Chickenless Fajita Strips, 1/3 c Low Fat Shredded Cheddar, 1/2 oz 6" Whole Wheat Tortilla, 1 ea with Salsa and Sour Cream, 1 oz Sweet Yellow Corn, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c; Milk, 3/4 c Toddlers Steamed Green Beans and Diced Fresh Melon Mix	Whole Wheat Penne Pasta in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Five-Way Hot Mixed Veggies, 1/4c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Carrot Coins/Diced Cantaloupe

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April 24 - 28, 2017

	4/24	4/25	4/26	4/27	4/28
Breakfast	<p>French Toast Sticks, 2 ea with Pure Maple Syrup</p> <p>100% Apple Juice, no dyes, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Rice Chex Cereal (Gluten Free), 1/3 c</p> <p>Fresh Apple, 1/2 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers All Natural Applesauce</p>	<p>Waffles with Pure Maple Syrup, 1 ea</p> <p>Fresh Orange Wedges, 4 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers Diced Fresh Melon Mix</p>	<p>Krispie Rice Cereal, 1/3 c</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p>	<p>Ultra 100% Whole Wheat Mini Blueberry Loaf, 1 ea</p> <p>Chilled Mixed Fruit, 1/2 c</p> <p>Milk, 3/4 c</p>
AM & PM Snacks	<p>Graham Crackers, 2 ea Milk, 1/2 c</p> <p>PM Cheez Its 1/3 c Fresh Honeydew Melon, 1 sl</p>	<p>AM Whole Grain English Muffin, 1/2 ea Grape Jelly Milk, 1/2 c</p> <p>PM Mini Pretzels, 8 ea 100% White Grape Juice, 1/2 c</p>	<p>AM Corn Chex Cereal (Gluten Free), 1/3 c Milk, 1/2 c</p> <p>PM Vanilla Yogurt, 1/2 c Vanilla Wafers, 4 ea</p>	<p>AM Apple Slices, 1/2 c Natural Cheddar Cheese Slice, 1 ea</p> <p>PM Graham Crackers, 2 ea 100% Strawberry Kiwi, no dyes, 1/2 c</p> <p>Toddlers All Natural Applesauce</p>	<p>AM Cheerios Cereal, 1/3 c Milk, 1/2 c</p> <p>PM Goldfish, 1/3 c Fresh Orange Wedges, 4 pcs</p> <p>Toddlers Diced Pears in Juice</p>
Lunch	<p>Beef Meatballs with Gravy, 3 ea Whole Grain Penne Pasta with Butter, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Orange Wedges, 2 ea Milk, 3/4 c</p> <p>Toddlers Sweat Peas/Diced Pears</p>	<p>Pizza Pasta Bake with Ground Beef, Chicken & Beef Pepperoni, Tomato Sauce, Whole Grain Pasta, 1/2 c Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c</p> <p>Toddlers Carrot Coins</p>	<p>Jennio Turkey Burger, 1 ea Whole Wheat Hamburger Roll, 1 ea with Ketchup Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c</p> <p>Toddlers Mixed Fruit/Green Beans</p>	<p>Breakfast for Lunch! Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Turkey Sausage Links, 2 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c</p> <p>Toddlers Mixed Fruit</p>	<p>All Natural Oven Roasted Turkey Breast, 1.5 oz 100% Whole Grain Bread, 1 sl Mayo on the Side Mashed Sweet Potatoes, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c Milk, 3/4 c</p> <p>Toddlers Diced Fresh Melon Mix</p>
Vegetarian Lunch	<p>Vegetarian Meatballs, 2 ea with Vegetarian Gravy Whole Grain Penne Pasta with Butter, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Orange Wedges, 2 ea Milk, 3/4 c</p> <p>Toddlers Diced Pears in Juice</p>	<p>Meatless Pizza Pasta Bake Chicken-Free Strips, Tomato Sauce, Pasta, Mozzarella, 1/2 c Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c</p> <p>Toddlers Carrot Coins</p>	<p>Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c</p> <p>Toddlers Mixed Fruit in Juice Green Beans</p>	<p>Breakfast for Lunch! Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Veggie Sausage Patty, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c</p> <p>Toddlers Mixed Fruit</p>	<p>Cheese Sandwich on 100% Whole Grain Bread, 1/2 ea; and Cheddar Cheese, 1.5 oz Mayo on the Side Mashed Sweet Potatoes, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c Milk, 3/4 c</p> <p>Toddlers Diced Fresh Melon Mix</p>

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