

BeanTree Learning

August 1 - 4, 2017

	8/1	8/2	8/3	8/4
Breakfast	Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea 100% Apple Juice, no dyes 1/2 c Milk, 1/2 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	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 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	All Natural Beef Burger, 1/2 ea (1 ea Kind and Up) on a Whole Wheat Roll, 1 ea with Ketchup Mashed Sweet Potatoes, 1/4 c Fresh Banana, 1/2 ea 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 Plum, 1/2 ea Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies All Natural Applesauce
Vegetarian Lunch	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 Plum, 1/2 ea Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies All Natural Applesauce

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

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BeanTree Learning

August 7 - 11, 2017

	8/7	8/8	8/9	8/10	8/11
Breakfast	Whole Grain Blueberry Muffin, 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, 1sl 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 Seedless Watermelon, 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 100% Whole Grain Bread, 1/2 sl Milk, 3/4 c Toddlers Carrot Coins/Diced Canteloupe

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BeanTree Learning

August 14 - 18, 2017

	8/14	8/15	8/16	8/17	8/18
Breakfast	<p>Whole Grain Waffle 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>100% Whole Grain Blueberry Muffin, 1 ea</p> <p>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</p> <p>Milk, 1/2 c</p> <p>PM</p> <p>Cheez Its 1/3 c</p> <p>Fresh Honeydew Melon, 1 sl</p>	<p>AM</p> <p>Whole Grain English Muffin, 1/2 ea</p> <p>Grape Jelly</p> <p>Milk, 1/2 c</p> <p>PM</p> <p>Mini Pretzels, 8 ea</p> <p>100% White Grape Juice, 1/2 c</p>	<p>AM</p> <p>Corn Chex Cereal (Gluten Free), 1/3 c</p> <p>Milk, 1/2 c</p> <p>PM</p> <p>Vanilla Yogurt, 1/2 c</p> <p>Vanilla Wafers, 4 ea</p>	<p>AM</p> <p>Apple Slices, 1/2 c</p> <p>Natural Cheddar Cheese Slice, 1 ea</p> <p>PM</p> <p>Graham Crackers, 2 ea</p> <p>100% Strawberry Kiwi, no dyes, 1/2 c</p> <p>Toddlers All Natural Applesauce</p>	<p>AM</p> <p>Cheerios Cereal, 1/3 c</p> <p>Milk, 1/2 c</p> <p>PM</p> <p>Goldfish, 1/3 c</p> <p>Fresh Orange Wedges, 4 pcs</p> <p>Toddlers Diced Pears in Juice</p>
Lunch	<p>Beef Meatballs with Gravy, 3 ea</p> <p>Whole Grain Penne Pasta with Butter, 1/4 c</p> <p>Fresh Baby Carrots, 1/4 c w/ Ranch Dip</p> <p>Fresh Plum, 1/2 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers Sweat Peas/Applesauce</p>	<p>Pizza Pasta Bake with Ground Beef, Chicken & Beef Pepperoni, Tomato Sauce, Whole Grain Pasta, 1/2 c</p> <p>Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers Carrot Coins</p>	<p>Jennio Turkey Burger, 1 ea</p> <p>Whole Wheat Hamburger Roll, 1 ea with Ketchup</p> <p>Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c</p> <p>All Natural Applesauce, 3/8 c</p> <p>Milk, 3/4 c</p> <p>Toddlers Green Beans</p>	<p>Breakfast for Lunch!</p> <p>Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea</p> <p>Danimals Vanilla Yogurt, 1 ea</p> <p>Turkey Sausage Links, 2 ea</p> <p>Fresh Orange Wedges, 4 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers Mixed Fruit</p>	<p>All Natural Oven Roasted Turkey Breast, 1.5 oz</p> <p>100% Whole Grain Bread, 1 sl</p> <p>Mayo on the Side</p> <p>Mashed Sweet Potatoes, 1/4 c</p> <p>Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c</p> <p>Milk, 3/4 c</p> <p>Toddlers Diced Fresh Melon Mix</p>
Vegetarian Lunch	<p>Vegetarian Meatballs, 2 ea with Vegetarian Gravy</p> <p>Whole Grain Penne Pasta with Butter, 1/4 c</p> <p>Fresh Baby Carrots, 1/4 c w/ Ranch Dip</p> <p>Fresh Plum, 1/2 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers Sweat Peas/Applesauce</p>	<p>Meatless Pizza Pasta Bake</p> <p>Chicken-Free Strips, Tomato Sauce, Pasta, Mozzarella, 1/2 c</p> <p>Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing</p> <p>Fresh Banana, 1/2 ea</p> <p>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</p> <p>Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c</p> <p>All Natural Applesauce, 3/8 c</p> <p>Milk, 3/4 c</p> <p>Toddlers Green Beans</p>	<p>Breakfast for Lunch!</p> <p>Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea</p> <p>Danimals Vanilla Yogurt, 1 ea</p> <p>Veggie Sausage Patty, 1 ea</p> <p>Fresh Orange Wedges, 4 ea</p> <p>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</p> <p>Mayo on the Side</p> <p>Mashed Sweet Potatoes, 1/4 c</p> <p>Fresh Fruit Salad with Melons</p> <p>Fresh Pineapple, 3/8 c</p> <p>Milk, 3/4 c</p> <p>Toddlers Diced Fresh Melon Mix</p>

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BeanTree Learning

August 21 - 25, 2017

	8/21	8/22	8/23	8/24	8/25
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	AM Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea Milk, 1/2 c PM Multigrain Sunchips, 1/2 bag 100% Strawberry Kiwi Juice, 1/2 c Toddlers Vanilla Yogurt	AM Blueberry Bread, 1sl Milk, 1/2 c PM Cinnamon 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 Blueberry Lemon Crispy Bites, 1/2 pkt 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 GLUTEN FREE Breaded Chicken Strips, 3 ea with Ketchup Whole Grain Rice. 1/4 c Dressing and Parmesan, 1/4 c Fresh Baby Carrots w/dip, 1/4 c Fresh Apple Slices, 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 Fresh Plum, 1/2 ea Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies/Diced Pears
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	Vegetarian Refried Beans, 1/2c Shredded Cheddar Cheese, 1/2oz Whole Grain Rice. 1/4 c Dressing and Parmesan, 1/4 c Fresh Baby Carrots w/dip, 1/4 c Fresh Apple Slices, 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 Fresh Plum, 1/2 ea Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies/Diced Pears

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BeanTree Learning

August 28 - 31, 2017

	8/28	8/29	8/15	8/31
Breakfast	Krispie Rice Cereal, 1/3 c 100% Strawberry Kiwi Juice, no dyes 1/2 c Milk, 3/4 c	Whole Grain Buttermilk Pancake with Maple Syrup 100% Apple Juice, no dyes 1/2 c Milk, 1/2 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
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 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
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, 1/2 ea (1 ea Kind and Up) on a Whole Wheat Roll, 1 ea with Ketchup Mashed Sweet Potatoes, 1/4 c Fresh Banana, 1/2 ea 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
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

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