

# BeanTree Learning

# September 1, 2017

Breakfast					<p style="text-align: right;">9/1</p> <p>Cheddar Cheese Whole Grain Honey Wheat Biscuit, 1 ea 100% White Grape Juice, 1/2 c</p> <p style="text-align: center;">Milk, 3/4 c</p>
AM & PM Snacks					<p style="text-align: center;">AM Mini Pretzels, 8 ea Milk, 1/2 c</p> <p style="text-align: center;">PM Graham Crackers, 2 ea Fresh Honeydew Melon, 1 sl</p>
Lunch					<p>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</p> <p style="text-align: center;"><b>Toddlers</b> <b>3-Way Hot Mixed Veggies</b> <b>All Natural Applesauce</b></p>
Vegetarian Lunch					<p>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</p> <p style="text-align: center;"><b>Toddlers</b> <b>3-Way Hot Mixed Veggies</b> <b>All Natural Applesauce</b></p>

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

# September 4 - 8, 2017

	9/4	9/5	9/6	9/7	9/8
<b>Breakfast</b>	<b>Labor Day BeanTree Learning Closed</b>	Whole Grain Blueberry Muffin, 1 ea  All Natural Applesauce, 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	GF Cheerio's Cereal, 1 ea  100% Apple Juice, no dyes, 1/2 c  Milk, 3/4 c	GF Corn Chex Cereal, 1/3 c  All Natural Applesauce, 1/2 c  Milk, 3/4 c
<b>AM &amp; PM Snacks</b>		AM Graham Crackers, 2 ea 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 <b>Toddlers Diced HoneyDew Melon</b>	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  <b>Toddlers Cheddar Cheese Slice</b>
<b>Lunch</b>		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  <b>Toddlers Carrot Coins</b>	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  <b>Toddlers Diced Pears in Juice</b>	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  <b>Toddlers Green Beans/Melon Mix</b>	Baked Ziti in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Whole Wheat Penne Pasta, 1/2 c Five-Way Hot Mixed Veggies, 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl Milk, 3/4 c  <b>Toddlers Carrot Coins/Diced Cantaloupe</b>
<b>Vegetarian Lunch</b>		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  <b>Toddlers Carrot Coins</b>	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  <b>Toddlers Diced Pears in Juice</b>	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  <b>Toddlers Steamed Green Beans Diced Fresh Melon Mix</b>	Meatless Baked Ziti in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Whole Wheat Penne Pasta, 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  <b>Toddlers Carrot Coins/Diced Cantaloupe</b>

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# BeanTree Learning

# September 11 - 15, 2017

	9/11	9/12	9/13	9/14	9/15
<b>Breakfast</b>	<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>GF Rice Chex Cereal, 1/3 c</p> <p>Fresh Apple, 1/2 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>All Natural Applesauce</b></p>	<p>Waffles with Pure Maple Syrup, 1 ea</p> <p>Fresh Orange Wedges, 4 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Diced Fresh Melon Mix</b></p>	<p>Krispie Rice Cereal, 1/3 c</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p>	<p>Whole Grain Blueberry Muffin, 1 ea</p> <p>Mixed Fruit, 1/2 c</p> <p>Milk, 3/4 c</p>
<b>AM &amp; PM Snacks</b>	<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><b>Toddlers</b> <b>Cheerios Cereal</b></p>	<p>AM GF Corn Chex Cereal, 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><b>Toddlers</b> <b>All Natural Applesauce</b></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><b>Toddlers</b> <b>Diced Pears in Juice</b></p>
<b>Lunch</b>	<p>Beef Meatballs with Gravy, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Orange Wedges, 2 ea Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Sweat Peas/Applesauce</b></p>	<p>Pizza Pasta Bake with Ground Beef, Chicken &amp; 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><b>Toddlers</b> <b>Carrot Coins</b></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 All Natural Applesauce, 3/8 c Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Green Beans</b></p>	<p>Breakfast for Lunch! Whole Grain Belgian Waffle Sticks with Maple Syrup, 2 ea Danimals Vanilla Yogurt, 1 ea Turkey Sausage Patty, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Mixed Fruit</b></p>	<p>All Natural Oven Roasted Turkey Breast, 1.5 oz 100% Whole Grain Bread, 1 sl Mayo on the Side Fresh Sautéed Green Beans, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Diced Fresh Melon Mix</b></p>
<b>Vegetarian Lunch</b>	<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><b>Toddlers</b> <b>Sweat Peas/Applesauce</b></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><b>Toddlers</b> <b>Carrot Coins</b></p>	<p>Morningstar Vegetarian Burger, with Vegetarian Broth, 1 ea on Whole Grain Bread, 1 ea Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c All Natural Applesauce, 3/8 c Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Green Beans</b></p>	<p>Breakfast for Lunch! Whole Grain Belgian Waffle Sticks with Maple Syrup, 2 ea Danimals Vanilla Yogurt, 1 ea Veggie Sausage Patty, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Mixed Fruit</b></p>	<p>Cheese Sandwich on 100% Whole Grain Bread, 1/2 ea; and Cheddar Cheese, 1.5 oz Mayo on the Side Fresh Sautéed Green Beans, 1/4 c Fresh Fruit Salad with Melons Fresh Pineapple, 3/8 c Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Diced Fresh Melon Mix</b></p>

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# BeanTree Learning

# September 18 - 22, 2017

	9/18	9/19	9/20	9/21	9/22
<b>Breakfast</b>	<p>Whole Grain Bagel, 1/2 ea with Grape Jelly</p> <p>100% Apple Juice, no dyes, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Krispie Rice Cereal, 1/3 c</p> <p>Fresh Orange Wedges, 4 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Diced Peaches in Juice</b></p>	<p>GFCheerio's Cereal, 1 ea</p> <p>100% Orange Raspberry Juice, 1/2 c</p> <p>No Dyes</p> <p>Milk, 3/4 c</p>	<p>Whole Grain English Muffin, 1/2 ea with Grape Jelly</p> <p>All Natural Applesauce, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>GFCorn Chex Cereal, 1/3 c</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p>
<b>AM &amp; PM Snacks</b>	<p>AM Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea</p> <p>Milk, 1/2 c</p> <p>PM Multigrain Sunchips, 1/2 bag</p> <p>100% Strawberry Kiwi Juice, 1/2 c</p>	<p>AM Blueberry Bread, 1sl</p> <p>Milk, 1/2 c</p> <p>PM Mini Alphabet Crackers, 1 ea</p> <p>Fresh Cantaloupe, 1 sl</p> <p><b>Toddlers</b> <b>Diced Cantaloupe</b></p>	<p>AM Strawberry Yogurt, 1/2 c</p> <p>Fresh Banana, 1/2 ea</p> <p>PM Baby Carrots, 1/2 c, with Ranch Dip</p> <p>Ritz Crackers, 4 ea</p> <p><b>Toddlers</b> <b>Cheddar Cheese Slice</b></p>	<p>AM GF Corn Chex Cereal, 1/3 c</p> <p>Milk, 1/2 c</p> <p>PM Whole Grain Cheese Goldfish, 1 pkt ea</p> <p>100% Orange Raspberry Juice, no dyes, 1/2c</p>	<p>AM Banana Bread, 1 sl</p> <p>Milk, 1/2 c</p> <p>PM Blueberry Lemon Crispy Bites, 1/2 pkt</p> <p>Fresh Apple, 1/2 ea</p> <p><b>Toddlers</b> <b>All Natural Applesauce</b></p>
<b>Lunch</b>	<p>Chicken Slider on a Bun, 1 ea</p> <p>Shredded Cheddar Cheese, 1/2 oz w/ no HFC Ketchup</p> <p>Steamed Green Beans, 1/4 c</p> <p>Chilled Diced Pears, 3/8 c</p> <p>Milk, 3/4 c</p>	<p>GF Chicken Tenders, 3 ea with Ketchup</p> <p>Whole Grain Rice. 1/4 c</p> <p>Fresh Baby Carrots with Ranch dip, 1/4 c</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Carrot Coins</b></p>	<p>Country Salisbury Steak with Low Sodium Gravy, 1 ea</p> <p>Red Skin Mashed Potatoes, 1/4 c</p> <p>100% Whole Grain Bread, 1/2 sl</p> <p>Scandinavian Veggie Blend, 1/4 c</p> <p>Fresh Cantaloupe, 1 sl</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Diced Cantaloupe</b></p>	<p>Whole Grain Spaghetti with Beef Marinara, 1/2 c</p> <p>100% Whole Grain Bread, 1/2 sl</p> <p>Tossed Salad w/ Mixed Greens</p> <p>Creamy Ranch Dressing, 1/4 c</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Sweet Tender Peas</b></p>	<p>All Natural Deli Sliced Chicken Breast Sandwich, 1.5 oz on 100% Whole Grain Bread, 1 sl</p> <p>Mayo and Mustard on the Side</p> <p>Lettuce, Spinach &amp; Lolla Russo Salad</p> <p>Creamy Ranch Dressing, 1/4 c</p> <p>Fresh Orange Wedges, 2 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>3-Way Hot Mixed Veggies/Diced Pears</b></p>
<b>Vegetarian Lunch</b>	<p>Vegetarian Sausage Slider on a Roll, with Ketchup</p> <p>Shredded Cheddar Cheese, 1/2 oz</p> <p>Steamed Green Beans, 1/4 c</p> <p>Chilled Diced Pears, 3/8 c</p> <p>Milk, 3/4 c</p>	<p>Vegetarian Refried Beans, 1/2c</p> <p>Shredded Cheddar Cheese, 1/2oz</p> <p>Whole Grain Rice. 1/4 c</p> <p>Fresh Baby Carrots with Ranch dip, 1/4 c</p> <p>Fresh Apple Slices, 3/8 c</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Carrot Coins/Applesauce</b></p>	<p>Morningstar Vegetarian Burger, with Vegetarian Broth, 1 ea</p> <p>Whole Grain Bread, 1/2 sl</p> <p>Red Skin Mashed Potatoes, 1/4 c</p> <p>Fresh Cantaloupe, 1 sl</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Diced Cantaloupe</b></p>	<p>Whole Grain Spaghetti with Marinara Sauce, 1/2 c</p> <p>Low Fat Shredded Mozzarella, 1.5 oz</p> <p>Tossed Salad w/ Mixed Greens</p> <p>Creamy Ranch Dressing, 1/4 c</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Sweet Tender Peas</b></p>	<p>Vegetarian Meatballs, 2 ea</p> <p>With Vegetarian Gravy</p> <p>Wheat Dinner Roll, 1 ea</p> <p>Lettuce, Spinach &amp; Lolla Russo Salad</p> <p>Creamy Ranch Dressing, 1/4 c</p> <p>Fresh Orange Wedges, 2 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>3-Way Hot Mixed Veggies/Diced Pears</b></p>

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# BeanTree Learning

# September 25 - 29, 2017

	9/25	9/26	9/27	9/28	9/29
<b>Breakfast</b>	Krispie Rice Cereal, 1/3 c 100% Strawberry Kiwi Juice, no dyes 1/2 c Milk, 3/4 c	Whole Grain Waffle Sticks, 1 ea with Maple Syrup 100% Apple Juice, no dyes 1/2 c Milk, 1/2 c	GF Cheerio's Cereal, 1 ea 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 Whole Grain Honey Wheat Biscuit, 1 ea 100% White Grape Juice, 1/2 c Milk, 3/4 c
<b>AM &amp; PM Snacks</b>	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 <b>Toddlers</b> <b>All Natural Applesauce</b>	AM Whole Grain Bagel, 1/2 ea with Grape Jelly Milk, 1/2 c PM Mini Alphabet Crackers, 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
<b>Lunch</b>	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 Beef 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 <b>Toddlers</b> <b>Carrot Coins</b> <b>100% Whole Wheat Bread</b>	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 <b>Toddlers</b> <b>Diced Canteloupe</b>	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 <b>Toddlers</b> <b>3-Way Hot Mixed Veggies</b> <b>All Natural Applesauce</b>
<b>Vegetarian Lunch</b>	Veggie Nuggets, 4 ea with Ketchup Whole Wheat Bread, 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 Hamburger 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 <b>Toddlers</b> <b>Carrot Coins</b> <b>100% Whole Grain Bread</b>	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 <b>Toddlers</b> <b>Diced Canteloupe</b>	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 <b>Toddlers</b> <b>3-Way Hot Mixed Veggies</b> <b>All Natural Applesauce</b>

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