

BeanTree Learning

November 1-3, 2017

			11/1	11/2	11/3
Breakfast			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
AM & PM Snacks			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			Turkey Corn Dog Nuggets, 4 ea with Ketchup Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice/ Sweet Peas	All Natural, Hormone-Free Chicken Fajita Strips, 1/3 c 6" Whole Wheat Tortilla, 1 ea Shredded Cheddar, 1/2 oz Green Beans, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c Toddlers Applesauce	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, Italian Bread, 1 ea Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Carrot Coins/Diced Cantaloupe
Vegetarian Lunch			Veggie Nuggets, 4 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice/ Sweet Peas	Chickenless Fajita Strips, 1/3 c Shredded Cheddar, 1/2 oz 6" Whole Wheat Tortilla, 1 ea Green Beans, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c Toddlers Applesauce	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 Italian Bread, 1 ea Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Carrot Coins/Diced Cantaloupe

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

November 6 - 10, 2017

	11/6	11/7	11/8	11/9	11/10
Breakfast	Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea 100% Apple Juice, no dyes 1/2 c Milk, 1/2 c	GF Rice Chex Cereal, 1/3 c Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers All Natural Applesauce	Waffles with Pure Maple Syrup, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c Toddlers Diced Fresh Melon Mix	Krispie Rice Cereal, 1/3 c Fresh Banana, 1/2 ea Milk, 3/4 c	Whole Grain Blueberry Muffin, 1 ea Mixed Fruit, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c PM Cheez Its 1/3 c Fresh Honeydew Melon, 1 sl	AM Whole Grain English Muffin, 1/2 ea Grape Jelly Milk, 1/2 c PM Mini Pretzels, 8 ea 100% White Grape Juice, 1/2 c Toddlers Cheerios Cereal	AM GF Corn Chex Cereal, 1/3 c Milk, 1/2 c PM Vanilla Yogurt, 1/2 c Vanilla Wafers, 4 ea	AM Apple Slices, 1/2 c Natural Cheddar Cheese Slice, 1 ea PM Graham Crackers, 2 ea 100% Strawberry Kiwi, no dyes, 1/2 c Toddlers All Natural Applesauce	AM Cheerios Cereal, 1/3 c Milk, 1/2 c PM Goldfish, 1/3 c Fresh Orange Wedges, 4 pcs Toddlers Diced Pears in Juice
Lunch	Beef Meatballs with Gravy, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip All Natural Applesauce Milk, 3/4 c Toddlers Sweat Peas	Pizza Pasta Bake with Ground Beef, Chicken & Beef Pepperoni, Tomato Sauce, Whole Grain Pasta, 1/2 c Shredded Mozzarella, 1/2 oz Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c Toddlers Carrot Coins	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 pcs Milk, 3/4 c Toddlers Mixed Fruit/Green Beans	Steak & Cheese Sub Cheddar Cheese, 1/2 oz on a Sub Roll, 1/2 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c Toddlers Applesauce/Mixed Veggies	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 Toddlers Diced Fresh Melon Mix
Vegetarian Lunch	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 All Natural Applesauce Milk, 3/4 c Toddlers Sweat Peas	Meatless Pizza Pasta Bake Chicken-Free Strips, Tomato Sauce, Pasta, Mozzarella, 1/2 c Shredded Mozzarella, 1/2 oz Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c Toddlers Carrot Coins	Morningstar Vegetarian Burger, with Vegetarian Broth, 1 ea on Whole Grain Bread, 1 ea Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 pcs Milk, 3/4 c Toddlers Mixed Fruit/Green Beans	Vegetarian Chickenless Strips Cheddar Cheese, 1/2 oz on a Sub Roll, 1/2 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c Toddlers Mixed Fruit	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 Toddlers Diced Fresh Melon Mix

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BeanTree Learning

November 13 - 17, 2017

	11/13	11/14	11/15	11/16	11/17
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	GFCheerio's Cereal, 1 ea 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	GFCorn Chex Cereal, 1/3 c Fresh Banana, 1/2 ea Milk, 3/4 c
AM & PM Snacks	AM Whole Grain French Toast Sticks with Maple Syrup, 1 ea Milk, 1/2 c PM Multigrain Sunchips, 1/2 pkts 100% Strawberry Kiwi Juice, 1/2 c Toddlers Vanilla Yogurt	AM Blueberry Bread, 1sl Milk, 1/2 c PM Mini Alphabet Crackers, 1 pkt Fresh Cantaloupe, 1 sl Toddlers Diced Canteloupe	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 GF Corn Chex Cereal, 1/3 c Milk, 1/2 c PM Whole Grain Cheese Goldfish, 1 pkt 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	Chicken Slider on a Bun, 1 ea Shredded Cheddar Cheese, 1/2 oz w/ no HFC Ketchup Steamed Green Beans, 1/4 c Chilled Diced Pears, 3/8 c Milk, 3/4 c Toddlers Carrot Coins/Applesauce	GF Chicken Tenders, 3 ea with Ketchup Whole Grain Rice. 1/4 c Fresh Baby Carrots with Ranch dip, 1/4 c Fresh Apple, 3/8 ea 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 Canteloupe	Whole Grain Spaghetti with Beef Marinara, 1/2 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	Thanksgiving Lunch! Sliced Turkey Breast w/ gravy, 1 SL Mashed Potatoes, 1/4 c Cranberry Sauce, 1 oz Tossed Salad w/ Ranch, 1/4 c Dinner Roll w/ Butter, 1 ea Chocolate Chip Cookie Milk, 3/4 c Toddlers Green Beans/Peaches
Vegetarian Lunch	Vegetarian Sausage Slider on a Roll, with Ketchup Shredded Cheddar Cheese, 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 Fresh Baby Carrots with Ranch dip, 1/4 c Fresh Apple Slices, 3/8 c Milk, 3/4 c Toddlers Carrot Coins/Applesauce	Morningstar Vegetarian Burger, with Vegetarian Broth, 1 ea Whole Grain Bread, 1/2 sl Red Skin Mashed Potatoes, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Diced Canteloupe	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	Thanksgiving Lunch! Chickenfree Strips w/ veggie gravy, 1/3 c Mashed Potatoes, 1/4 c Cranberry Sauce, 1 oz Tossed Salad w/ Ranch, 1/4 c Dinner Roll w/ Butter, 1 ea Chocolate Chip Cookie Milk, 3/4 c Toddlers Green Beans/Peaches

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BeanTree Learning

November 20 - 24, 2017

	11/20	11/21	11/22	11/23	11/24
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, 1 ea 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	BeanTree Learning Closed Happy Thanksgiving! BeanTree Learning Closed	
AM & PM Snacks	AM 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 Mini Alphabet Crackers, 1 pkt 100% Strawberry Kiwi Juice, 1/2 c No Dyes		
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	Macaroni & Cheese with Whole Grains, 1/2 c 100% Whole Grain Bread, 1/2 sl Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Banana, 1/2 ea Milk, 3/4 c Toddlers Three-way Hot Mixed Veggies	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 Toddlers Carrot Coins 100% Whole Wheat Bread		
Vegetarian Lunch	Morningstar Vegetarian Burger, 1 ea on a Hamburger Roll, 1 ea with Ketchup Sweet Tender Peas, 1/4 c Applesauce, 3/8 c Milk, 3/4 c	Macaroni & Cheese with Whole Grains, 1/2 c 100% Whole Grain Bread, 1/2 sl Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Banana, Milk, 3/4 c Toddlers Three-way Hot Mixed Veggies	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		

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BeanTree Learning

November 27 - 30, 2017

	11/27	11/28	11/29	11/30
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	GF Cheerio's Cereal, 1 ea 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c PM Multi Grain Sun Chips, 1/2 pkts 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 pkt 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 Toddlers Diced HoneyDew Melon
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	All Natural Beef Burger, 1/2 ea (1 ea Kind and Up) on a Whole Wheat Roll, 1 ea with Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies	Turkey Corn Dog Nuggets, 4 ea with Ketchup Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice/ Sweet Peas	All Natural, Hormone-Free Chicken Fajita Strips, 1.5 oz 6" Whole Wheat Tortilla, 1 ea Shredded Cheddar, 1/2 oz Green Beans, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c Toddlers Applesauce
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	Morningstar Vegetarian Burger, 1 ea on a Hamburger Roll, 1 ea with Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies	Veggie Nuggets, 4 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice/ Sweet Peas	Chickenless Fajita Strips, 1/3 c Shredded Cheddar, 1/2 oz 6" Whole Wheat Tortilla, 1 ea Green Beans, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c Toddlers Applesauce

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