

# BeanTree Learning

# September 2 - 6, 2019

	2	3	4	5	6	
<b>Breakfast</b>	<p><b>LABOR DAY BEANTREE LEARNING CLOSED</b></p>	<p>Corn Chex Cereal (Gluten Free), 1/2 c</p> <p>100% Orange Raspberry Juice, no dyes, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Whole Grain Honey Wheat Biscuit with Cheese, 1 ea</p> <p>Diced Peaches in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Cheerios Cereal, 1/2 c</p> <p>100% Apple Juice, no dyes, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Fresh Baked Blueberry Bread, 1 sl</p> <p>All Natural Applesauce, 1/2 c</p> <p>Milk, 3/4 c</p>	
<b>AM &amp; PM Snacks</b>	<p>AM Graham Crackers, 2 ea Milk, 1/2 c</p> <p>PM String Cheese, 1 ea Saltine Crackers, 4 ea</p>	<p>AM Graham Crackers, 2 ea Milk, 1/2 c</p> <p>PM String Cheese, 1 ea Saltine Crackers, 4 ea</p>	<p>AM Cheerios Cereal, 1/2 c Milk, 1/2 c</p> <p>PM Whole Grain Cheese Goldfish, 1 ea Fresh Banana, 1/2 ea</p>	<p>AM Vanilla Yogurt, 1/2 c Graham Crackers, 2 ea</p> <p>PM Cucumber Rounds, 1/2 c with Ranch Dip Whole Grain Crackers, 2 pkts ea <b>Toddlers Diced Honeydew Melon</b></p>	<p>AM Krispie Rice Cereal, 1/3 c Milk, 1/2 c</p> <p>PM Baby Carrots, 1/2 c w/ Ranch Dip Townhouse Crackers, 4 ea <b>Toddlers Cheddar Cheese Slice</b></p>	
<b>Lunch</b>	<p>Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Fruit in Juice, 3/8 c (no pineapple)</p> <p><b>Toddlers Carrot Coins</b></p>	<p>Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Fruit in Juice, 3/8 c (no pineapple)</p> <p><b>Toddlers Carrot Coins</b></p>	<p>Turkey Corn Dog Nuggets, 4 ea w/ No HFC Ketchup Tossed Salad w/ Mixed Greens Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p><b>Toddlers Peas &amp; Mandarin Oranges</b></p>	<p>Turkey Corn Dog Nuggets, 4 ea w/ No HFC Ketchup Tossed Salad w/ Mixed Greens Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p><b>Toddlers Peas &amp; Mandarin Oranges</b></p>	<p>Chicken Fajitas, NAE, 1/3 c Lo-Fat Shredded Cheddar, 1/2 oz Whole Wheat 6" Tortilla, 1 ea Green Beans, 1/4 c Fresh Apple, 3/8 c</p> <p><b>Toddlers Chilled Applesauce</b></p>	<p>"Baked Ziti" Meatless w/ Soy Italian Red Sauce w/ Three Cheeses, 1/2 c Hot Mixed Vegetables, 1/4 c Italian Bread, 1 sl Fresh Cantaloupe, 1 sl</p> <p><b>Toddlers Carrot Coins/Diced Cantaloupe</b></p>
<b>Vegetarian Lunch</b>	<p>Veggie Egg Roll, 2 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Fruit in Juice, 3/8 c (no pineapple)</p> <p><b>Toddlers Carrot Coins</b></p>	<p>Veggie Egg Roll, 2 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Fruit in Juice, 3/8 c (no pineapple)</p> <p><b>Toddlers Carrot Coins</b></p>	<p>Veggie Nuggets, 4 ea w/ No HFC Ketchup Tossed Salad w/ Mixed Greens Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p><b>Toddlers Peas &amp; Mandarin Oranges</b></p>	<p>Veggie Nuggets, 4 ea w/ No HFC Ketchup Tossed Salad w/ Mixed Greens Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p><b>Toddlers Peas &amp; Mandarin Oranges</b></p>	<p>Fajitas Chickenless Strips, 1/3 c Cheddar Cheese, 1/2 oz Whole Wheat 6" Tortilla, 1 ea Green Beans, 1/4 c Fresh Apple, 3/8 c</p> <p><b>Toddlers All Natural Applesauce</b></p>	<p>"Baked Ziti" Meatless w/ Soy Italian Red Sauce w/ Three Cheeses, 1/2 c Hot Mixed Vegetables, 1/4 c Italian Bread, 1 sl Seedless Watermelon, 1 sl</p> <p><b>Toddlers Carrot Coins/Diced Cantaloupe</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 9 - 13, 2019

	9	10	11	12	13
<b>Breakfast</b>	<p>Buttermilk Pancakes (WG) w/ No HFC Syrup, 1 ea</p> <p>100% Apple Juice, no dyes, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Rice Chex Cereal (GF), 1/2 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 w/ No HFCSyrup, 1 ea</p> <p>Fresh Banana, 1/2 ea</p> <p>Milk, 3/4 c</p>	<p>Krispie Rice Cereal, 1/2 c</p> <p>Fresh Orange Wedges, 4 ea</p> <p>Milk, 3/4 c</p> <p><b>Toddlers</b> <b>Diced Pears in Juice</b></p>	<p>Whole Grain Blueberry Muffin, 1 ea</p> <p>Mixed Fruit in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>
<b>AM &amp; PM Snacks</b>	<p>AM Graham Crackers, 2 ea Milk, 1/2 c</p> <p>PM Cheez Its, 1/3 c Mandarin Oranges, 1/2 c</p>	<p>AM English Muffin (WG), 1/2 ea w/ 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 Corn Chex Cereal (GF), 1/3 c Milk, 1/2 c</p> <p>PM Vanilla Yogurt, 1/2 c Vanilla Wafers, 4 ea</p>	<p>AM Raisin Bread, 1/2 sl Milk, 1/2 c</p> <p>PM Graham Crackers, 2 ea 100% Apple Juice, no dyes, 1/2 c</p>	<p>AM Cheerios Cereal, 1/2 c Milk, 1/2 c</p> <p>PM Cheddar Cheese 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 &amp; Gravy, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c with Ranch Dressing All Natural Applesauce, 3/8 c</p> <p><b>Toddlers</b> <b>Sweet Tender Peas</b></p>	<p>Pizza Pasta Bake with Ground Beef Crumbles, Chicken &amp; Beef Pepperoni, Tomato Sauce, Pasta, 1/2 c Mozzarella Cheese, 1/2 oz Tossed Salad w/ Mixed Greens w/ Creamy Ranch Dressing Fresh Banana, 1/2 ea</p> <p><b>Toddlers</b> <b>Carrot Coins</b></p>	<p>Jennio Turkey Burger, 1 ea no HFC Ketchup Wheat Hamburger Roll, 1 ea Caesar Salad w/ Romaine Dressing &amp; Parmesan, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p><b>Toddlers</b> <b>Green Beans</b> <b>Mandarin Oranges</b></p>	<p>Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c</p> <p><b>Toddlers</b> <b>All Natural Applesauce</b> <b>3-Way Hot Mixed Veggie</b></p>	<p>All Natural Oven Roasted Turkey Breast, 1.5 oz 100% Whole Grain Bread, 1 sl Mayo on the Side Fresh Green Beans, 1/4 c Fresh Fruit Salad, 3/8 c (Melons, Fresh Pineapple)</p> <p><b>Toddlers</b> <b>Diced Fresh Melon Mix</b></p>
<b>Vegetarian Lunch</b>	<p>Veggie Meatballs, 2 ea w/ Vegetarian Gravy Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c with Ranch Dressing All Natural Applesauce, 3/8 c</p> <p><b>Toddlers</b> <b>Sweet Tender Peas</b></p>	<p>Pizza Pasta Bake "Meatless" Vegetarian Pizza Crumbles Tomato Sauce, Pasta, Mozzarella, 1/2 c Tossed Salad w/ Mixed Greens w/ Creamy Ranch Dressing Fresh Banana, 1/2 ea</p> <p><b>Toddlers</b> <b>Carrot Coins</b></p>	<p>Vegetarian Burger, 1 ea no HFC Ketchup Wheat Hamburger Roll, 1 ea Caesar Salad w/ Romaine Dressing &amp; Parmesan, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p><b>Toddlers</b> <b>Green Beans</b> <b>Mandarin Oranges</b></p>	<p>Vegetarian Black Bean Chili, 1/3 c Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c</p> <p><b>Toddlers</b> <b>All Natural Applesauce</b></p>	<p>Cheddar Cheese Sandwich on 100% Whole Grain Bread, 1/2 ea Cheddar Cheese, 1.5 oz Mayo on the Side Fresh Green Beans, 1/4 c Fresh Fruit Salad, 3/8 c (Melons, Fresh Pineapple)</p> <p><b>Toddlers</b> <b>Diced Fresh Melon Mix</b></p>

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# BeanTree Learning

# September 16 - 20, 2019

	16	17	18	19	20
<b>Breakfast</b>	Life Cereal, 1/2 c 100% White Grape Juice, 1/2 c Milk, 3/4 c	Buttermilk Pancakes (WG) w/ No HFC Syrup, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c <b>Toddlers</b>	Fresh Baked Banana Bread, 1 sl 100% Orange Raspberry Juice, no dyes, 1/2 c Milk, 3/4 c	Whole Grain English Muffin, 1/2 ea with Grape Jelly All Natural Applesauce, 1/2 c Milk, 3/4 c	Plain Bagel, 1/2 ea w/ Grape Jelly 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c
<b>AM &amp; PM Snacks</b>	AM WG French Toast Sticks, 1 ea with No HFC Syrup; Milk, 1/2 c  PM Multigrain Sunchips, 1/2 bag 100% Strawberry Kiwi Juice, 1/2 c  <b>Toddler</b> <b>Vanilla Yogurt</b>	AM Life Cereal, 1/2 c Milk, 1/2 c  PM Townhouse Crackers, 4 ea Cheddar Cheese, 1 sl	AM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea  PM Mini Pretzels, 8 ea Milk, 1/2 c	AM Corn Chex Cereal (GF), 1/3 c Milk, 1/2 c  PM WG Cheese Goldfish, 1 pkt 100% Orange Raspberry Juice, no dyes, 1/2c	AM Fresh Baked Zucchini Bread, 1 sl Milk, 1/2 c  PM Blueberry Lemon Crispy Bites Fresh Apple, 1/2 ea  <b>Toddlers</b> <b>All Natural Applesauce</b>
<b>Lunch</b>	Chicken Slider on a Bun, 1 ea Shredded Cheddar, 1/2 oz w/ no HFC Ketchup Steamed Green Beans, 1/4 c Mixed Fruit in Juice, 1/4 c (no pineapple)	GF Chicken Tenders, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Granny Smith Apple, 3/8 ea  <b>Toddlers</b> <b>Carrot Coins/Applesauce</b>	Salisbury Steak w/ Gravy, 1 ea Savory Mashed Potatoes, 1/4 c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl  <b>Toddlers</b> <b>Diced Cantaloupe</b>	WG Spaghetti w/ Beef & Turkey Meat Marinara, 1/2 c Parmesan Cheese, 1/2 oz Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Sweet Tender Peas	Chicken Breast Chunk Boneless Wing Dings, 3 ea No HFC Ketchup Wheat Dinner Roll, 1 ea Bibb Lettuce, Baby Spinach, Lolla Russo Salad, 1/4 c Ranch Dressing Fresh Orange Wedges, 2 pcs <b>Toddlers</b> <b>3-Way Mixed Veggies/Oranges</b>
<b>Vegetarian Lunch</b>	Vegetarian Sausage Slider on a Roll w/ No HFC Ketchup, 1 ea Shredded Cheddar, 1/2 oz Steamed Green Beans, 1/4 c Mixed Fruit in Juice, 3/8 c (no pineapple)	Refried Beans, 1/2 c Cheddar Cheese, 1/2 oz Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Granny Smith Apple, 3/8 c  <b>Toddlers</b> <b>Carrot Coins/Applesauce</b>	Vegetarian Burger, 1 ea w/ Veggie Gravy Savory Mashed Potatoes, 1/4 c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl  <b>Toddlers</b> <b>Diced Cantaloupe</b>	WG Mini Cheese Ravioli w/ Marinara, 1/2 c Parmesan Cheese, 1/2 oz Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea  <b>Toddlers</b> <b>Sweet Tender Peas</b>	Vegetarian Meatballs, 2 ea w/ Veggie Gravy Wheat Dinner Roll, 1 ea Bibb Lettuce, Baby Spinach, Lolla Russo Salad, 1/4 c Ranch Dressing Fresh Orange Wedges, 2 pcs <b>Toddlers</b> <b>Carrot Coins</b> <b>Mandarin Oranges</b>

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# BeanTree Learning

# September 23 - 27, 2019

	23	24	25	26	27
<b>Breakfast</b>	Krispie Rice Cereal, 1/2 c 100% Strawberry Kiwi Juice, no dyes, 1/2 c  Milk, 3/4 c	Buttermilk Pancakes (WG) w/ No HFC Syrup, 1 ea  100% Apple Juice, no dyes, 1/2 c  Milk, 3/4 c	Cheerios Cereal (GF), 1/2 c  Mixed Fruit in Juice, 1/2 c  Milk, 3/4 c	Blueberry Bread, 1 ea  Fresh Diced Melons, 1/2 c  Milk, 3/4 c	Whole Grain Cheddar Cheese Biscuit, 1 ea  100% White Grape Juice, 1/2 c  Milk, 3/4 c
<b>AM &amp; PM Snacks</b>	AM WG Blueberry Muffin, 1 ea Milk, 1/2 c  PM String Cheese, 1 ea Mandarin Oranges, 1/2 c	AM Graham Crackers, 2 ea Milk, 1/2 c  PM Townhouse 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 Cheddar Cheese Goldfish 1/3 c 100% Strawberry Kiwi Juice, no dyes, 1/2 c	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 Diced Pears in Juice, 1/2 c
<b>Lunch</b>	Oven-Baked Chicken Breast Patty Sandwich, 1 ea Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Tender Peas, 1/4 c All Natural Applesauce, 3/8 c	Creamy Mac & Cheese, 1/2 c 100% Whole Grain Bread, 1/2 sl Mixed Fresh Vegetable w/ Creamy Ranch Dip, 1/4 c Fresh Banana, 1/2 ea  <b>Toddlers</b> <b>Three-Way Hot Mixed Veggies</b>	Mexican Beef Nacho Fiesta, 1/4 c w/ Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Sweet Yellow Corn, 1/4 c Diced Pears in Juice, 3/8 c  <b>Toddlers</b> <b>Carrot Coins</b> <b>Whole Wheat Bread</b>	Italian Beef Meatball Sub, 3 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Fresh Green Beans, 1/4 c Fresh Apple Slices, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce</b>	Breakfast for Lunch! Buttermilk WG Pancakes with no HFC Syrup, 1 ea Chicken Sausage Patty, 1 ea Danimals Vanilla Yogurt, 1 ea Fresh Baby Carrots w/ Ranch Dip, 1/4 c Orange Wedges, 2 pcs  <b>Toddlers</b> <b>Carrot Coins/Mandarin Oranges</b>
<b>Vegetarian Lunch</b>	Vegetarian Burger, 1 ea Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Tender Peas, 1/4 c All Natural Applesauce, 3/8 c	Creamy Mac & Cheese, 1/2 c 100% Whole Grain Bread, 1/2 sl Mixed Fresh Vegetable w/ Creamy Ranch Dip, 1/4 c Fresh Banana, 1/2 ea  <b>Toddlers</b> <b>Three-Way Hot Mixed Veggies</b>	Mexican Beef Nacho Fiesta, 1/4 c w/ Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Sweet Yellow Corn, 1/4 c Diced Pears in Juice, 3/8 c  <b>Toddlers</b> <b>Carrot Coins</b> <b>Whole Wheat Bread</b>	Italian Veggie Meatball Sub, 2 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Fresh Green Beans, 1/4 c Fresh Apple Slices, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce</b>	Breakfast for Lunch! Buttermilk WG Pancakes with no HFC Syrup, 1 ea Veggie Sausage Patty, 1 ea Danimals Vanilla Yogurt, 1 ea Fresh Orange Wedges, 4 ea  <b>Toddlers</b> <b>Carrot Coins</b> <b>Mandarin Oranges</b>

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# BeanTree Learning

# September 30, 2019

<b>Breakfast</b>	<p style="text-align: right;">30</p> <p>Corn Chex Cereal (Gluten Free), 1/2 c</p> <p>100% Orange Raspberry Juice, no dyes, 1/2 c</p> <p>Milk, 3/4 c</p>				
<b>AM &amp; PM Snacks</b>	<p>AM</p> <p>Graham Crackers, 2 ea Milk, 1/2 oz</p> <p>PM</p> <p>Multi Grain Sun Chips, 1/2 pkg Mild Salsa, 1 oz</p>				
<b>Lunch</b>	<p>Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Fruit in Juice, 3/8 c (no pineapple)</p> <p><b>Toddlers</b> <b>Carrot Coins</b></p>				
<b>Vegetarian Lunch</b>	<p>Veggie Egg Roll, 2 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Fruit in Juice, 3/8 c (no pineapple)</p> <p><b>Toddlers</b> <b>Carrot Coins</b></p>				

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