BeanTree Learning

December 2 - 6, 2019

	2	3	4	5	6
Breakfast	Buttermilk Pancakes (WG) w/ No HFC Syrup, 1 ea 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c	Rice Chex Cereal (GF), 1/2 c Fresh Apple, 1/2 ea Milk, 3/4 c **Toddlers** **All Natural Applesauce**	Waffles w/ No HFCSyrup, 1 ea Fresh Banana, 1/2 ea Milk, 3/4 c	Krispie Rice Cereal, 1/2 c Fresh Orange Wedges, 4 ea Milk, 3/4 c **Toddlers** **Diced Pears in Juice**	Whole Grain Blueberry Muffin, 1 ea Mixed Fruit in Juice, 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 Mandarin Oranges, 1/2 c	AM English Muffin (WG), 1/2 ea w/ Grape Jelly Milk, 1/2 c PM Mini Pretzels, 8 ea 100% White Grape Juice, 1/2 c **Toddlers** **Cheerios Cereal**	AM Corn Chex Cereal (GF), 1/3 c Milk, 1/2 c PM Vanilla Yogurt, 1/2 c Vanilla Wafers, 4 ea	AM Cinnamon Raisin Bread, 1/2 sl Milk, 1/2 c PM Graham Crackers, 2 ea 100% Apple Juice, no dyes, 1/2 c	AM Cheerios Cereal, 1/2 c Milk, 1/2 c PM Cheddar Cheese Goldfish, 1/3 c Fresh Orange Wedges, 4 pcs **Toddlers** **Diced Pears in Juice**
Lunch	Beef Meatballs & Gravy, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c with Ranch Dressing All Natural Applesauce, 3/8 c **Toddlers** **Sweet Tender Peas**	Pizza Pasta Bake with Ground Beef Crumbles, Chicken & 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 **Toddlers** **Carrot Coins**	Jennio Turkey Burger, 1 ea no HFC Ketchup Wheat Hamburger Roll, 1 ea Caesar Salad w/ Romaine Dressing & Parmesan, 1/4 c Fresh Orange Wedges, 2 pcs **Toddlers** **Green Beans** **Mandarin Oranges**	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c **Toddlers** **All Natural Applesauce** **3-Way Hot Mixed Veggie**	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) **Toddlers** **Diced Fresh Melon Mix**
Vegetarian Lunch	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 **Toddlers** **Sweet Tender Peas**	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 **Toddlers** **Carrot Coins**	Vegetarian Burger, 1 ea no HFC Ketchup Wheat Hamburger Roll, 1 ea Caesar Salad w/ Romaine Dressing & Parmesan, 1/4 c Fresh Orange Wedges, 2 pcs **Toddlers** **Green Beans** **Mandarin Oranges**	Vegetarian Black Bean Chili, 1/3 c Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c **Toddlers** **All Natural Applesauce**	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) **Toddlers** **Diced Fresh Melon Mix**

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

December 9 - 13, 2019

	9	10	11	12	13
Breakfast	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 **Toddlers** **Diced Peaches in Juice**	Fresh Baked Banana Bread, 1 sl 100% Orange Raspberry Juice, no dyes, 1/2 c Milk, 1/2 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
AM & PM Snacks	AM Whole Grain French Toast Sticks, 1 ea w/ No HFC Syrup Milk, 2/3 c PM Multi Grain Sun Chips, 1/2 pkt 100% Strawberry Kiwi Juice, no dyes, 1/2 c **Toddlers** **Vanilla Yogurt**	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 Orange Wedges, 4 pcs	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 **Toddlers** **All Natural Applesauce**
Lunch	Chicken Slider on a Bun, 1 ea Fancy Shredded Cheddar, 1/2 oz w/ No HFC Ketchup Steamed Green Beans, 1/4 c Mixed Fruit in Juice (No pineapple), 3/8 c	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 **Toddlers** **Carrot Coins/Applesauce**	Salisbury Steak w/ Gravy, 1 ea Savory Mashed Potatoes, 1/4 c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl **Toddlers** **Diced Cantaloupe**	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 **Toddlers** **3-Way Mixed Veggies/Oranges**
Vegetarian Lunch	Veggie Sausage Slider on a Roll w /No HFC Ketchup, 1 ea Fancy Shredded Cheddar, 1/2 oz Steamed Green Beans, 1/3 c Mixed Fruit in Juice (No pineapple), 3/8 c	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 **Toddlers** **Carrot Coins/Applesauce**	Vegetarian Burger, 1 ea w/ Veggie Gravy Savory Mashed Potatoes, 1/4 c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl **Toddlers** **Diced Cantaloupe**	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 **Toddlers** **Sweet Tender Peas**	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 **Toddlers** **Carrot Coins** **Mandarin Oranges**

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BeanTree Learning

December 16 - 20, 2019

	16	17	18	19	20
Breakfast	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
AM & PM Snacks	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 **Toddlers** **All Natural Applesauce**	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
Lunch	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 **Toddlers** **Three-Way Hot Mixed Veggies**	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 **Toddlers** **Carrot Coins** **Whole Wheat Bread**	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 **Toddlers** **All Natural Applesauce**	Breakfast for Lunch WG Buttermilk Pancakes, 1ea w/ No HFC Syrup Chicken Sausage Patty, 1 ea Danimals Vanilla Yogurt, 1 ea Fresh Baby Carrots w/ Ranch, 1/4 c Orange Wedges, 2 pcs **Toddlers** **Carrot Coins & Mandarin Oranges**
Vegetarian Lunch	Vegetarian Burger, Morning Star, 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 **Toddlers** **Three-Way Hot Mixed Veggies**	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 **Toddlers** **Carrot Coins** **Whole Wheat Bread**	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 **Toddlers** **All Natural Applesauce**	Thanksgiving Lunch Chickenfree Strips in Veggie Gravy, 1/3 c Mashed Potatoes, 1/4 c Cranberry Sauce, 1 oz Tossed Salad w/ Ranch, 1/4 c Roll with Butter, 1 ea Chocolate Chip Cookie **Toddlers** **Green Beans**

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BeanTree Learning

December 23 - 27, 2019

Breakfast	23 Corn Chex Cereal (Gluten Free), 1/2 c 100% Orange Raspberry Juice, no dyes, 1/2 c Milk, 3/4 c	24 BeanTree Learning Closed for Holidays	25 BeanTree Learning Closed for Holidays	26 BeanTree Learning Closed for Holidays	27 Cheerios (Gluten Free), 1/2 c 100% White Grape Juice, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 oz PM Multi Grain Sun Chips, 1/2 pkg Mild Salsa, 1 oz **Toddlers** **Vanilla Yogurt**				AM Krispie Rice Cereal, 1/3 c Milk, 1/2 c PM Baby Carrots, 1/2 c with Ranch Dip & Townhouse 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 Fresh Fruit in Juice, 3/8 c (no pineapple) **Toddlers** **Carrot Coins**				"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 **Toddlers** **Carrot Coins/Diced Cantaloupe**
Vegetarian Lunch	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) **Toddlers** **Carrot Coins**				"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 **Toddlers** **Carrot Coins/Diced Cantaloupe**

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BeanTree Learning

December 30 - 31, 2019

Breakfast	30 Buttermilk Pancakes (WG) w/ No HFC Syrup, 1 ea 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c	31 Rice Chex Cereal (GF), 1/2 c Fresh Apple, 1/2 ea Milk, 3/4 c **Toddlers** **All Natural Applesauce**			
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c PM Cheez Its, 1/3 c Mandarin Oranges, 1/2 c	AM English Muffin (WG), 1/2 ea w/ Grape Jelly Milk, 1/2 c PM Mini Pretzels, 8 ea 100% White Grape Juice, 1/2 c **Toddlers** **Cheerios Cereal**			
Lunch	Beef Meatballs & Gravy, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c with Ranch Dressing All Natural Applesauce, 3/8 c **Toddlers** **Sweet Tender Peas**	Pizza Pasta Bake with Ground Beef Crumbles, Chicken & 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 **Toddlers** **Carrot Coins**			
Vegetarian Lunch	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 **Toddlers** **Sweet Tender Peas**	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 **Toddlers** **Carrot Coins**			

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