

BeanTree Learning

September 1 - 4, 2020

	1	2	3	4
Breakfast	<p>English Muffin WG White, 1/2 da w/ Grape Jelly (No HFC)</p> <p>Mixed Fruit in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Corn Chex Cereal (GF), 1/2 c</p> <p>100% Apple Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>WG Sliced Bagel, 1 ea with Cream Cheese, 1/2 oz</p> <p>Peaches in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Whole Grain Blueberry Muffin, 1 ea</p> <p>Pears in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>
AM & PM Snacks	<p>AM Vanilla Yogurt, 1/2 c Homemade Granola, 1 oz</p> <p>PM Remy's WG Cinnamon Grahams Non-GMO, 1/2 pkt Diced Peaches in Juice 1/2 c</p> <p>Toddlers Pears in Juice</p>	<p>AM Cheerios Cereal (GF), 1/2 c Fresh Banana, 1/2 ea</p> <p>PM WG White Wheat Bagel, 1/2 ea Cream Cheese, 1/2 oz</p>	<p>AM Cinnamon Raisin Bread, 1/2 sl Orange Wedges, 4 pcs</p> <p>PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Cheese Goldfish</p> <p>Toddlers Mandarin Oranges; Peaches in Juice</p>	<p>AM Fresh Baked Banana Bread, 1 sl All Natural Applesauce, 1/2 c</p> <p>PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea</p>
Lunch	<p>All Natural (ABF) Beef Burger, 1 ea Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Red Delicious Apple, 3/8 c</p> <p>Toddlers Steamed Green Beans Applesauce</p>	<p>Turkey Corn Dog Nuggets, 4 ea w/ No HFC Ketchup Tossed Salad w/ Mixed Greens and Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p>Toddlers Applesauce Sweet Tender Peas</p>	<p>Chicken Fajitas, NAE, 1/3 c Lo-Fat Shredded Cheddar, 1/2 oz Whole Wheat 6" Tortilla, 1 ea Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea</p> <p>Toddlers All Natural Applesauce</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 Canteloupe, 1 sl</p> <p>Toddlers Cantaloupe Peas, Carrots, Green Beans</p>
Vegetarian Lunch	<p>Vegetarian Burger, Morning Star, 1 ea Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Red Delicious Apple, 3/8 c</p> <p>Toddlers Steamed Green Beans Applesauce</p>	<p>Veggie Nuggets, 4 ea w/ No HFC Ketchup 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens and Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p>Toddlers Applesauce Sweet Tender Peas</p>	<p>Fajitas Chickenless Strips, 1/3 c Cheddar Cheese, 1/2 oz Whole Wheat 6" Tortilla, 1 ea Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea</p> <p>Toddlers All Natural Applesauce</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 Canteloupe, 1 sl</p> <p>Toddlers Cantaloupe Peas, Carrots, Green Beans</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 7 - 11, 2020

	7	8	9	10	11
Breakfast	<p>Labor Day Holiday BeanTree Closed</p>	<p>Rice Chex Cereal, GF, 1/2 c</p> <p>100% Strawberry Kiwi Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Cheddar Cheese WG Honey Wheat Biscuit, 1 ea</p> <p>100% White Grape Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>WG Waffle, 1 ea with Syrup, No HFC</p> <p>Mixed Fruit in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>WG Banana Muffin, 1 ea</p> <p>Pears in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>
AM & PM Snacks		<p>AM Graham Crackers, 2 ea Fresh Apple 1/2 ea</p> <p>PM Fresh Baby Carrots, 1/2 c Townhouse Crackers, 4 ea</p> <p>Toddlers Mandarin Oranges in Juice</p>	<p>AM Corn Chex Cereal (GF), 1/2 c Orange Wedges, 4 pcs</p> <p>PM Whole Grain Cheese Goldfish, 1 pkg Fresh Apple, 1/2 ea</p> <p>Toddlers Toastios Cereal; Mandarin Oranges; Peaches in Juice</p>	<p>AM Yogurt, 1/2 c Fresh Banana, 1/2 ea</p> <p>PM Cheddar Cheese Slice, 1 ea Townhouse Crackers, 4 ea</p> <p>Toddlers Peaches in Juice</p>	<p>AM Fresh Baked Blueberry Bread, 1 sl Fresh Banana, 1/2 ea</p> <p>PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea</p> <p>Toddlers Goldfish; Peaches in Juice</p>
Lunch		<p>Beef Meatballs & Gravy, 3 ea Whole Grain Brown Rice, 1/4 c Baby Carrots w/ Ranch Dip, 1/4 c Pineapple Tidbits, 3/8 c</p> <p>Toddlers Peaches in Juice Sweet Tender Peas</p>	<p>NAE WG Chicken Nuggets, 4 ea No HFC Ketchup Caesar Salad w/ Romaine Dressing & Parmesan, 1/4 c Orange Wedges, 2 pcs</p> <p>Toddlers Mandarin Oranges Green Beans</p>	<p>Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c</p> <p>Toddlers All Natural Applesauce; Carrot Coins</p>	<p>NAE Grilled Chicken Fillet, 1 ea Wheat Hamburger Bun, 1 ea No HFC Ketchup Sweet Tender Peas, 1/4 c Fresh Honey Dew Melon, 1 sl</p> <p>Toddlers Diced Honey Dew Melon</p>
Vegetarian Lunch		<p>Pizza Pasta Bake "Meatless" Veggie Pizza Pasta Bake Mozzarella Cheese, 1/2 oz Tossed Salad w/ Ranch, 1/4 ea Pineapple Tidbits, 3/8 c</p> <p>Toddlers Peaches in Juice Sweet Tender Peas</p>	<p>Morning Star Vegetarian Chicken Nuggets, 4 ea No HFC Ketchup Caesar Salad w/ Romaine Dressing & Parmesan, 1/4 c Orange Wedges, 2 pcs</p> <p>Toddlers Mandarin Oranges Green Beans</p>	<p>Vegan Black Bean Chili, 1/3 c Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c</p> <p>Toddlers All Natural Applesauce Carrot Coins</p>	<p>Macaroni & Cheese 100% Whole Grain Bread, 1/2 ea Cheddar Cheese, 1.5 oz Sweet Tender Peas, 1/4 c Mandarin Oranges in Juice, 3/8 c</p>

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BeanTree Learning

September 14 - 18, 2020

	14	15	16	17	18
Breakfast	Cheerios Cereal (GF), 1/2 c 100% Orange Raspberry Juice, 1/2 c Milk, 3/4 c	English Muffin WG White, 1/2 da w/ Grape Jelly (No HFC) Mixed Fruit in Juice, 1/2 c Milk, 3/4 c	Corn Chex Cereal (GF), 1/2 c 100% Apple Juice, 1/2 c Milk, 3/4 c	WG Sliced Bagel, 1 ea with Cream Cheese, 1/2 oz Peaches in Juice, 1/2 c Milk, 3/4 c	Whole Grain Blueberry Muffin, 1 ea Pears in Juice, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Rice Chex Cereal (GF), 1/2 c Milk, 1/2 c PM Baked Multi Grain Sun Chips, 1/2 pkt Mild Salsa, 1 oz Toddlers Vanilla Yogurt; Mandarin Oranges	AM Vanilla Yogurt, 1/2 c Homemade Granola, 1 oz PM Remy's WG Cinnamon Grahams, Non-GMO, 1/2 pkt Diced Peaches in Juice 1/2 c Toddlers Pears in Juice	AM Cheerios Cereal, 1/2 c Fresh Banana, 1/2 ea PM WG White Wheat Bagel, 1/2 ea Cream Cheese, 1/2 oz Toddlers Mandarin Oranges; Diced Peaches	AM Cinnamon Raisin Bread, 1/2 sl Orange Wedges, 4 pcs PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Cheese Goldfish Toddlers All Natural Applesauce	AM Fresh Baked Banana Bread, 1 sl Fresh Apple, 1/2 ea PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 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 Peaches and Pears in Juice, 3/8 c	GF Chicken Tenders, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Red Delicious Apple, 3/8 ea Toddlers Carrot Coins/Applesauce	Salisbury Steak & Gravy, 1 ea Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Cantaloupe, 1 sl Toddlers Diced Cantaloupe	WG Spaghetti w/ Italian Meat Sauce Grnd Turkey & Beef Crumbles, 1/2 c Parmesan Cheese, 1/2 oz Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea Toddlers Sweet Tender Peas	NAE Chicken Breast Chunks, 3 ea No HFC Ketchup; Wheat Dinner Roll Peas/Carrots/Green Beans/Corn/ Lima Beans, 1/4 c Fresh Orange Wedges, 2 ea Toddlers Mandarin Oranges Peas, Carrots, Green Beans
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 Peaches and Pears in Juice, 3/8 c	Vegan 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 Red Delicious Apple, 3/8 ea Toddlers Carrot Coins/Applesauce	Vegetarian Burger, 1 ea Veggie Gravy Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Cantaloupe, 1 sl Toddlers Diced Cantaloupe	WG Spaghetti Marinara, 1/2 c Parmesan Cheese, 1/2 oz Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea Toddlers Sweet Tender Peas	Morningstar Veggie Nuggets, 3 ea No HFC Ketchup; Wheat Dinner Roll Peas/Carrots/Green Beans/Corn/ Lima Beans, 1/4 c Fresh Orange Wedges, 2 ea Toddlers Mandarin Oranges Peas, Carrots, Green Beans

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BeanTree Learning

September 21 - 25, 2020

	21	22	23	24	25
Breakfast	Rice Chex Cereal (GF), 1/2 c 100% Strawberry Kiwi Juice, 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	Cheddar Cheese WG Honey Wheat Biscuit, 1 ea 100% White Grape Juice, 1/2 c Milk, 3/4 c	WG Waffle, 1 ea w/ Syrup NO HFC Mixed Fruit in Juice, 1/2 c Milk, 3/4 c	WG Banana Muffin, 1 ea Pears in Juice, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Krispie Rice Cereal, 1/2 c Milk, 1/2 c PM Monterey Jack Cheese, 1 sl Mandarin Oranges, 1/2 c	AM Graham Crackers, 2 ea Fresh Apple, 1/2 ea PM Fresh Baby Carrots, 1/2 c Townhouse Crackers, 4 ea Toddlers Mixed Fruit; Mandarin Oranges	AM Corn Chex Cereal (GF), 1/2 c Orange Wedges, 4 pcs PM WG Cheese Goldfish, 1 pkt Fresh Apple, 1/2 ea Toddlers Toastios Cereal; Mandarin Oranges; Peaches in Juice	AM Yogurt, 1/2 c Fresh Banana, 1/2 ea PM Cheddar Cheese Slice, 1 ea Townhouse Crackers, 4 ea Toddlers Peaches in Juice	AM Fresh Baked Blueberry Bread, 1 sl Fresh Banana, 1/2 ea PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea Toddlers Goldfish; Peaches in Juice
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 Fresh Carrots & Broccoli, 1/4 c w/ Creamy Ranch Dip Fresh Banana, 1/2 ea Toddlers Peas, Carrots, Green Beans	Mexican Beef Nacho Fiesta, 1/4 c w/ Cheddar Cheese, 1/2 oz GF Corn Tortilla Chips, 1/4 c Sweet Yellow Corn, 1/4 c Fresh Honey Dew Melon, 1 sl Toddlers Wheat Dinner Roll/Carrot Coins Diced Honey Dew Melon	Italian Beef Meatballs, 3 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Steamed Green Beans, 1/4 c Fresh Gala Apple, 3/8 c Toddlers All Natural Applesauce	Breakfast for Lunch WG Buttermilk Pancakes, 1 ea 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 Fresh Carrots & Broccoli, 1/4 c w/ Creamy Ranch Dip Fresh Banana, 1/2 ea Toddlers Peas, Carrots, Green Beans	Veggie Mexican Nacho Fiesta, 1/4 c w/ Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Sweet Yellow Corn, 1/4 c Fresh Honey Dew Melon, 1 sl Toddlers Wheat Dinner Roll/Carrot Coins Diced Honey Dew Melon	Italian Veggie Meatballs, 2 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Steamed Green Beans, 1/4 c Fresh Gala Apple, 3/8 c Toddlers All Natural Applesauce	Breakfast for Lunch Danimals Vanilla Yogurt, 1 ea Buttermilk Pancakes (WG), 1 ea Veggie Sausage Patty, 1 ea Fresh Baby Carrots w/ Ranch, 1/4 c Orange Wedges, 2 pcs Toddlers Carrot Coins & Mandarin Oranges

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BeanTree Learning

September 28 - 30, 2020

Breakfast	<p style="text-align: center;">31</p> <p>Cheerios Cereal (GF), 1/2 c 100% Orange Raspberry Juice, 1/2 c Milk, 3/4 c</p>	<p>English Muffin WG White, 1/2 da w/ Grape Jelly (No HFC) Mixed Fruit in Juice, 1/2 c Milk, 3/4 c</p>	<p>Corn Chex Cereal (GF), 1/2 c 100% Apple Juice, 1/2 c Milk, 3/4 c</p>		
AM & PM Snacks	<p>AM Rice Chex Cereal (GF), 1/2 c Milk, 1/2 c</p> <p>PM Baked Multi Grain Sun Chips, 1/2 pkt Mild Salsa, 1 oz</p> <p>Toddlers Vanilla Yogurt; Mandarin Oranges</p>	<p>AM Vanilla Yogurt, 1/2 c Homemade Granola, 1 oz</p> <p>PM Remy's WG Cinnamon Grahams Non-GMO, 1/2 pkt Diced Peaches in Juice 1/2 c</p> <p>Toddlers Pears in Juice</p>	<p>AM Cheerios Cereal (GF), 1/2 c Fresh Banana, 1/2 ea</p> <p>PM WG White Wheat Bagel, 1/2 ea Cream Cheese, 1/2 oz</p>		
Lunch	<p>Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Baby Carrots w/ Ranch Dip, 1/4 c Mixed Peaches & Pears in Juice, 3/8 c</p> <p>Toddlers Carrot Coins</p>	<p>All Natural (ABF) Beef Burger, 1 ea Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Red Delicious Apple, 3/8 c</p> <p>Toddlers Applesauce Steamed Green Beans</p>	<p>Turkey Corn Dog Nuggets, 4 ea w/ No HFC Ketchup Tossed Salad w/ Mixed Greens and Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p>Toddlers Mandarin Oranges Sweet Tender Peas</p>		
Vegetarian Lunch	<p>Veggie Egg Roll, 2 ea Brown Whole Grain Rice, 1/4 c Baby Carrots w/ Ranch Dip, 1/4 c Mixed Peaches & Pears in Juice, 3/8 c</p> <p>Toddlers Carrot Coins</p>	<p>Vegetarian Burger, Morning Star, 1 ea Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea</p> <p>Toddlers Steamed Green Beans</p>	<p>Veggie Nuggets, 4 ea w/ No HFC Ketchup 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens and Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs</p> <p>Toddlers Mandarin Oranges Sweet Tender Peas</p>		

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