

# BeanTree Learning

# July 1 - 2, 2021

Breakfast				<p style="text-align: right;">1</p> <p>WG Waffle, 1 ea w/ Syrup NO HFC</p> <p>Mixed Fruit in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p style="text-align: right;">2</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</p> <p>Yogurt, 1/2 c Fresh Banana, 1/2 ea</p> <p>PM</p> <p>Cheddar Cheese Slice, 1 ea Townhouse Crackers, 4 ea</p>	<p>AM</p> <p>Fresh Baked Blueberry Bread, 1 sl Fresh Banana, 1/2 ea</p> <p>PM</p> <p>Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea</p> <p><b>Toddlers</b> <b>Goldfish; Pears in Juice</b></p>
Lunch				<p>Italian Beef Meatballs, 3 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Gala Apple, 3/8 c</p> <p><b>Toddlers</b> <b>All Natural Applesauce</b> <b>Green Beans</b></p>	<p>Breakfast for Lunch! WG Buttermilk Pancake w/ Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea GF Chicken Sausage Patty, 1 ea Fresh Baby Carrots w/ Dip, 1/4 c Fresh Orange Wedges, 2 ea</p> <p><b>Toddlers</b> <b>Carrot Coins &amp; Mandarin Oranges</b></p>
Vegetarian Lunch				<p>Italian Veggie Meatballs, 2 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Gala Apple, 3/8 c</p> <p><b>Toddlers</b> <b>All Natural Applesauce</b> <b>Green Beans</b></p>	<p>Breakfast for Lunch! WG Buttermilk Pancake w/ Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Morningstar Veggie Sausage, 1 ea Fresh Baby Carrots w/ Dip, 1/4 c Fresh Orange Wedges, 2 ea Cookies, 1 ea</p> <p><b>Toddlers</b> <b>Carrot Coins &amp; Mandarin Oranges</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

# July 5 - 9, 2021

	5	6	7	8	9
<b>Breakfast</b>	BeanTree Learning Closed for Fourth of July Holiday	Cheerios Cereal (GF), 1/2 c 100% Orange Raspberry 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, 1/2 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
<b>AM &amp; PM Snacks</b>		AM Rice Chex Cereal (GF), 1/2 c Milk, 1/2 c  PM Remy's WG Cinnamon Grahams Non-GMO, 1/2 pkt Diced Peaches in Juice 1/2 c <b>Toddlers</b> Pears in Juice	AM Cheerios Cereal (GF), 1/2 c Fresh Banana, 1/2 ea  PM WG White Wheat Bagel, 1/2 ea Cream Cheese, 1/2 oz	AM Cinnamon Raisin Bread, 1/2 sl Orange Wedges, 4 pcs  PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Goldfish  <b>Toddlers</b> Peaches in Juice	AM Fresh Baked Banana Bread, 1 sl All Natural Applesauce, 1/2 c  PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea
<b>Lunch</b>		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  <b>Toddlers</b> Carrot Coins	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  <b>Toddlers</b> Mandarin Oranges Sweet Tender Peas	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	"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  <b>Toddlers</b> Cantaloupe Peas, Carrots, Green Beans
<b>Vegetarian Lunch</b>		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  <b>Toddlers</b> Carrot Coins	Black Beans & WG Rie Tossed Salad w/ Mixed Greens and Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs  <b>Toddlers</b> Mandarin Oranges Sweet Tender Peas	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  <b>Toddlers</b> All Natural Applesauce	"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  <b>Toddlers</b> Cantaloupe Peas, Carrots, Green Beans

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# BeanTree Learning

## July 12 - 16, 2021

	12	13	14	15	16
<b>Breakfast</b>	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
<b>AM &amp; PM Snacks</b>	AM Krispie Rice Cereal, 1/2 c Milk, 1/2 c  PM Monterey Jack Cheese, 1 sl Pears in Juice, 1/2 c	AM Graham Crackers, 2 ea Fresh Apple, 1/2 ea  PM Fresh Baby Carrots, 1/2 c Townhouse Crackers, 4 ea  <b>Toddlers</b> <b>Pears in Juice; Mandarin Oranges</b>	AM Corn Chex Cereal (GF), 1/2 c Orange Wedges, 4 pcs  PM WG Cheese Goldfish, 1 pkt Fresh Apple, 1/2 ea <b>Toddlers</b> <b>Toastios Cereal; Fresh</b> <b>Banana; Peaches in Juice</b>	AM Yogurt, 1/2 c Fresh Banana, 1/2 ea  PM Cheddar Cheese Slice, 1 ea Townhouse Crackers, 4 ea	AM Fresh Baked Blueberry Bread, 1 sl Fresh Banana, 1/2 ea  PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea  <b>Toddlers</b> <b>Goldfish; Pears in Juice</b>
<b>Lunch</b>	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  <b>Toddlers</b> <b>Peaches in Juice</b> <b>Sweet Tender Peas</b>	Pizza Pasta Bake, 1/2 c WG Pasta/Marinara/Beef Crumbles Chicken/Beef Pepperoni/Tomato Sauce/Shredded Mozzarella Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea	NAE WG Chicken Nuggets, 4 ea No HFC Ketchup Caesar Salad w/ Romaine Dressing & Parmesan, 1/4 c Orange Wedges, 2 pcs  <b>Toddlers</b> <b>Mandarin Oranges</b> <b>Green Beans</b>	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce;</b> <b>Carrot Coins</b>	All Natural Roasted Turkey Breast, 1.5 oz Sandwich on Whole Grain Bread, 1 sl Mayo on the Side Sweet Tender Peas, 1/4 c Fresh Honey Dew Melon, 1 sl  <b>Toddlers</b> <b>Diced Honey Dew Melon</b>
<b>Vegetarian Lunch</b>	Veggie Meatballs in Veg Gravy Whole Grain Brown Rice, 1/4 c Baby Carrots w/ Ranch Dip, 1/4 c Pineapple Tidbits, 3/8 c  <b>Toddlers</b> <b>Peaches in Juice</b> <b>Sweet Tender Peas</b>	Veggie Pizza Pasta Bake, 1/2 c WG Pasta/Marinara/Beef Crumbles Chicken/Beef Pepperoni/Tomato Sauce/Shredded Mozzarella Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea	Morning Star Vegetarian Chicken Nuggets, 4 ea No HFC Ketchup Caesar Salad w/ Romaine Dressing & Parmesan, 1/4 c Orange Wedges, 2 pcs  <b>Toddlers</b> <b>Mandarin Oranges</b> <b>Green Beans</b>	Vegan Black Bean Chili, 1/3 c Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce</b> <b>Carrot Coins</b>	Cheddar Cheese Sandwich on 100% Whole Grain Bread, 1/2 ea Sweet Tender Peas, 1/4 c Mandarin Oranges in Juice, 3/8 c

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# BeanTree Learning

## July 19 - 23, 2021

	19	20	21	22	23
<b>Breakfast</b>	Cheerios Cereal (GF), 1/2 c 100% Orange Raspberry Juice, 1/2 c Milk, 3/4 c	English Muffin WG White, 1/2 ea 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, 1/2 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
<b>AM &amp; PM Snacks</b>	AM GF Rice Chex, 1/2 c Milk, 1/2 c  PM Multi Grain Sun Chips, 1/2 pkt Mild Salsa, 1 oz  <b>Toddlers</b> <b>Vanilla Yogurt; Mandarin Oranges</b>	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 <b>Toddlers</b> <b>Pears in Juice</b>	AM Cheerios Cereal, 1/2 c Fresh Banana, 1/2 ea  PM WG White Wheat Bagel, 1/2 ea Cream Cheese, 1/2 oz	AM Cinnamon Raisin Bread, 1/2 sl Orange Wedges, 4 pcs  PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Goldfish  <b>Toddlers</b> <b>Diced Peaches</b>	AM Fresh Baked Banana Bread, 1 sl Fresh Apple, 1/2 ea  PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea  <b>Toddlers</b> <b>All Natural Applesauce</b>
<b>Lunch</b>	Chicken Slider on a Bun, 1 ea Shredded Cheddar Cheese, 1/2 oz Slider Bun, 1 ea No HFC Ketchup Steamed Green Beans, 1/4 c Pears and Peaches 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  <b>Toddlers</b> <b>Carrot Coins/Applesauce</b>	Salisbury Steak & Gravy, 1 ea Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Cantaloupe, 1 sl  <b>Toddlers</b> <b>Diced Cantaloupe</b>	WG Spaghetti w/ Beef & Lentil Marinara, 1/2 c Parmesan Cheese, 1/2 oz Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea  <b>Toddlers</b> <b>Sweet Tender Peas</b>	Boneless Chicken Wing Dings, 3 ea No HFC Ketchup; Wheat Dinner Roll Peas/Carrots/Green Beans/Corn/ Lima Beans, 1/4 c Fresh Orange Wedges, 2 ea  <b>Toddlers</b> <b>Mandarin Oranges</b> <b>Peas, Carrots, Green Beans</b>
<b>Vegetarian Lunch</b>	Veggie Sausage Slider on a Bun, 1 ea Shredded Cheddar Cheese, 1/2 oz Slider Bun, 1 ea No HFC Ketchup Steamed Greed Beans, 1/4 c Pears and Peaches 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  <b>Toddlers</b> <b>Carrot Coins/Applesauce</b>	Vegetarian Burger, 1 ea Veggie Gravy Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Cantaloupe, 1 sl  <b>Toddlers</b> <b>Diced Cantaloupe</b>	WG Spaghetti Marinara, 1/2 c Parmesan Cheese, 1/2 oz Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea  <b>Toddlers</b> <b>Sweet Tender Peas</b>	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  <b>Toddlers</b> <b>Mandarin Oranges</b> <b>Peas, Carrots, Green Beans</b>

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# BeanTree Learning

## July 26 - 30, 2021

	26	27	28	29	30
<b>Breakfast</b>	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
<b>AM &amp; PM Snacks</b>	AM Krispie Rice Cereal, 1/2 c Milk, 1/2 c  PM Monterey Jack Cheese, 1 sl Pears in Juice, 1/2 c	AM Graham Crackers, 2 ea Fresh Apple, 1/2 ea  PM Fresh Baby Carrots, 1/2 c Townhouse Crackers, 4 ea  <b>Toddlers</b> <b>Mixed Fruit; Mandarin Oranges</b>	AM Corn Chex Cereal (GF), 1/2 c Orange Wedges, 4 pcs  PM WG Cheese Goldfish, 1 pkt Fresh Apple, 1/2 ea <b>Toddlers</b> <b>Toastios Cereal; Fresh Banana; Peaches in Juice</b>	AM Yogurt, 1/2 c Fresh Banana, 1/2 ea  PM Cheddar Cheese Slice, 1 ea Townhouse Crackers, 4 ea	AM Fresh Baked Blueberry Bread, 1 sl Fresh Banana, 1/2 ea  PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea  <b>Toddlers</b> <b>Goldfish; Pears in Juice</b>
<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 Fresh Carrots & Broccoli, 1/4 c w/ Creamy Ranch Dip Fresh Banana, 1/2 ea  <b>Toddlers</b> <b>Peas, Carrots, Green Beans</b>	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  <b>Toddlers</b> <b>Wheat Dinner Roll/Carrot Coins Diced Honey Dew Melon</b>	Italian Beef Meatballs, 3 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Gala Apple, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce Green Beans</b>	Breakfast for Lunch! WG Buttermilk Pancake w/ Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea GF Chicken Sausage Patty, 1 ea Fresh Baby Carrots w/ Dip, 1/4 c Fresh Orange Wedges, 2 ea  <b>Toddlers</b> <b>Carrot Coins &amp; Mandarin Oranges</b>
<b>Vegetarian Lunch</b>	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  <b>Toddlers</b> <b>Peas, Carrots, Green Beans</b>	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  <b>Toddlers</b> <b>Wheat Dinner Roll/Carrot Coins Diced Honey Dew Melon</b>	Italian Veggie Meatballs, 2 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Gala Apple, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce Green Beans</b>	Breakfast for Lunch! WG Buttermilk Pancake w/ Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Morningstar Veggie Sausage, 1 ea Fresh Baby Carrots w/ Dip, 1/4 c Fresh Orange Wedges, 2 ea Cookies, 1 ea  <b>Toddlers</b> <b>Carrot Coins &amp; Mandarin Oranges</b>

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