

BeanTree Learning

For Allergy Information, go to:
<https://beantreelearning.nutrislice.com/>

October 1, 2021

Breakfast					1 Whole Grain Blueberry Muffin, 1 ea Pears in Juice, 1/2 c Milk, 3/4 c
AM & PM Snacks					AM Fresh Baked Banana Bread, 1 sl All Natural Applesauce, 1/2 c PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea
Lunch					"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 Toddlers Cantaloupe Peas, Carrots, Green Beans
Vegetarian Lunch					"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 Toddlers Cantaloupe Peas, Carrots, Green Beans

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).

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October 4 - 8, 2021

	4	5	6	7	8
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 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 Toddlers Pears in Juice; 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; Fresh Banana; Peaches in Juice	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 Toddlers Goldfish; Pears in Juice
Lunch	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 Toddlers Peaches in Juice Sweet Tender Peas	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 Toddlers Mandarin Oranges Green Beans	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c Toddlers All Natural Applesauce; Carrot Coins	Asiago Chicken Pasta w/ Spinach, 1/2 c WG Pasta, Diced Tomato, Spinach Cheese Sauce Sweet Tender Peas, 1/4 c Fresh Honey Dew Melon, 1 sl Toddlers Diced Honey Dew Melon
Vegetarian Lunch	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 Toddlers Peaches in Juice Sweet Tender Peas	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 Toddlers Mandarin Oranges Green Beans	Vegan 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 Carrot Coins	Macaroni & Cheese 100% Whole Grain Bread, 1/2 ea Sweet Tender Peas, 1/4 c Fresh Honey Dew Melon, 1 sl

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October 11 - 15, 2021

	11	12	13	14	15
Breakfast		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
AM & PM Snacks	BeanTree Learning Closed for Professional Training Day	AM Vanilla Yogurt, 1/2 c Homemade Granola, 1 oz PM WG Cinnamon Crispy Bites, 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 Goldfish Toddlers All Natural Applesauce	
Lunch		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/ Beef & Lentil 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	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 Toddlers Mandarin Oranges Peas, Carrots, Green Beans
Vegetarian Lunch		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	Veg Sausage Crumbles 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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October 18 - 22, 2021

	18	19	20	21	22
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 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 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; Fresh Banana; Peaches in Juice	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 Toddlers Goldfish; Pears 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 Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Gala Apple, 3/8 c Toddlers All Natural Applesauce Green Beans	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 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 Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Gala Apple, 3/8 c Toddlers All Natural Applesauce Green Beans	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 Toddlers Carrot Coins & Mandarin Oranges

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October 25 - 29, 2021

	25	26	27	28	29
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, 1/2 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
AM & PM Snacks	AM Rice Chex Cereal (GF), 1/2 c Milk, 1/2 c PM 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 WG Cinnamon Crispy Bites, 1/2 pkt Diced Peaches in Juice 1/2 c Toddlers 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 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 Goldfish Toddlers Mandarin Oranges, Diced Peaches	AM Fresh Baked Banana Bread, 1 sl All Natural Applesauce, 1/2 c PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea
Lunch	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 Toddlers Carrot Coins	Lean Beef Hamburger, 1 ea Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Red Delicious Apple, 3/8 c Toddlers Applesauce Steamed Green Beans	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 Toddlers 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 Toddlers 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 Canteloupe, 1 sl Toddlers Cantaloupe Peas, Carrots, Green Beans
Vegetarian Lunch	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 Toddlers Carrot Coins	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 Toddlers Steamed Green Beans	Black Beans & WG Rice Tossed Salad w/ Mixed Greens and Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 pcs Toddlers 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 Toddlers 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 Canteloupe, 1 sl Toddlers Cantaloupe Peas, Carrots, Green Beans

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