

# BeanTree Learning

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

## June 1 - 3, 2022

			1	2	3
<b>Breakfast</b>			Cheddar Cheese WG Honey Wheat Biscuit, 1 ea  Fresh Banana, 1/2 ea  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 Corn Chex Cereal (GF), 1/2 c Orange Wedges, 4 pcs  PM WG Cheese Goldfish, 1 pkt Fresh Apple, 1/2 ea  <b>Toddlers - Banana and Toastios, 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 Goldfish; Pears in Juice</b>
<b>Lunch</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 Wheat Dinner Roll/Carrot Coins Diced Honey Dew Melon</b>	Corn Dog Nuggets, 4 ea no HFC Ketchup Steamed Green Beans, 1/4 c Golden Delicious Apple, 2/8 c  <b>Toddlers All Natural Applesauce</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 Carrot Coins &amp; Mandarin Oranges</b>
<b>Vegetarian Lunch</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 Wheat Dinner Roll/Carrot Coins Diced Honey Dew Melon</b>	Black Beans & WG Rice Steamed Green Beans, 1/4 c Golden Delicious Apple, 2/8 c  <b>Toddlers All Natural Applesauce</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 Carrot Coins &amp; Mandarin Oranges</b>

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.  
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Fairfax Food Service & Caterers  
 PO Box 418, Newington, VA 22122  
 703.550.1820

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## June 6 - 10, 2022

	6	7	8	9	10
<b>Breakfast</b>	Cheerios Cereal (GF), 1/2 c 100% Orange Raspberry Juice, 1/2 c Milk, 3/4 c  <b>Toddlers Applesauce</b>	English Muffin WG White, 1/2 da w/ Grape Jelly (No HFC) Mixed Fruit in Juice, 1/2 c Milk, 3/4 c  <b>Toddlers Mandarin Oranges</b>	Corn Chex Cereal (GF), 1/2 c Fresh Orange Wedges, 4 ea Milk, 3/4 c  <b>Toddlers Mandarin Oranges</b>	WG Sliced Bagel, 1/2 ea Cream Cheese, 1/2 oz Peaches in Juice, 1/2 c Milk, 3/4 c  <b>Toddlers Mandarin Oranges, Diced Peaches</b>	WG Blueberry Muffin, 1 ea Pears in Juice, 1/2 c Milk, 3/4 c  <b>Toddlers All Natural Applesauce</b>
<b>AM &amp; PM Snacks</b>	AM Rice Chex Cereal (GF), 1/2 c Milk, 1/2 c  PM Multi Grain Sun Chips, 1/2 pkt Mild Salsa, 1 oz  <b>Toddlers Vanilla Yogurt; Mandarin Oranges</b>	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  <b>Toddlers Pears in Juice</b>	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  <b>Toddlers Mandarin Oranges, Diced Peaches</b>	AM Cinnamon Raisin Bread, 1/2 sl Orange Wedges, 4 pcs  PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Goldfish  <b>Toddlers Mandarin Oranges, 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 All Natural Applesauce</b>
<b>Lunch</b>	Roasted Teriyaki Chicken Strips, 3 ea WG Brown Rice w/ Cauliflower, 1/4 c Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 3/8 c  <b>Toddlers Carrot Coins Savory Mashed Potatoes, 1/4 c</b>	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  <b>Toddlers Applesauce Steamed Green Beans</b>	NAE Chicken Fajitas, 1/3 c Shredded 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>	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Orange Wedges, 2 ea  <b>Toddlers Mandarin Oranges; Carrot Coins</b>	"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  <b>Toddlers Cantaloupe Peas, Carrots, Green Beans</b>
<b>Vegetarian Lunch</b>	Veggie Egg Roll, 2 ea WG Brown Rice w/ Cauliflower, 1/4 c Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 3/8 c  <b>Toddlers Carrot Coins Savory Mashed Potatoes, 1/4 c</b>	Veggie Sausage Patty Slider Wheat Hamburger Roll, 1 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea  <b>Toddlers Steamed Green Beans</b>	Chickenless Fajita Strips Whole Wheat 6" Tortilla, 1 ea Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea  <b>Toddlers All Natural Applesauce Carrot Coins</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 All Natural Applesauce Carrot Coins</b>	"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  <b>Toddlers Cantaloupe Peas, Carrots, Green Beans</b>

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## June 13 - 17, 2022

	13	14	15	16	17
<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 Fresh Apple, 1/2 ea Milk, 3/4 c	Cheddar Cheese WG Honey Wheat Biscuit, 1 ea Fresh Banana, 1/2 ea 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 - Banana and</b> <b>Toastios, 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; Peaches in Juice</b>
<b>Lunch</b>	Beef Meatballs & Gravy, 3 ea WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots w/ Ranch, 1/4 c Pineapple Tidbits, 3/8 c  <b>Toddlers</b> <b>Sweet Peas, Peaches in Juice</b> <b>Savory Mashed Potatoes, 1/4 c</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>	Italian Beef Meatballs, 3 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Sweet Tender Peas, 1/4 c Fresh Gala Apple, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce</b> <b>Green Beans</b>	WG Pollock Alaska Nuggets, 3 ea No HFC Ketchup Brown Cheesy Rice w/ Cauliflower, 1/4 c Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Honeydew Melon  <b>Toddlers</b> <b>Carrot Coins</b> <b>Diced Honeydew Melon</b>
<b>Vegetarian Lunch</b>	Egg Rolls WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots w/ Ranch, 1/4 c Pineapple Tidbits, 3/8 c  <b>Toddlers</b> <b>Sweet Peas, Peaches in Juice</b> <b>Savory Mashed Potatoes, 1/4 c</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>	Italian Veggie Meatballs, 2 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Sweet Tender Peas, 1/4 c Fresh Gala Apple, 3/8 c  <b>Toddlers</b> <b>All Natural Applesauce</b> <b>Green Beans</b>	Brown Cheesy Rice w/ Cauliflower, 1/4 c Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Honeydew Melon

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## June 20 - 24, 2022

	20	21	22	23	24
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<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 Vanilla Yogurt; Mandarin Oranges</b>	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  <b>Toddlers 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  <b>Toddlers Carrot Coins/Diced Cantaloupe Savory Mashed Potatoes, 1/4 c</b>	AM Cinnamon Raisin Bread, 1/2 sl Orange Wedges, 4 pcs  PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Goldfish  <b>Toddlers Mandarin Oranges, 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 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	Salisbury Steak & Gravy, 1 ea Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Red Delicious Apple, 3/8 c  <b>Toddlers All Natural Applesauce</b>	GF Chicken Tenders, 3 ea WG Brow Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Cantaloupe, 1 sl  <b>Toddlers Carrot Coins/Diced Cantaloupe Savory Mashed Potatoes, 1/4 c</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 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 Mandarin Oranges 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 Green Beans, 1/4 c Pears and Peaches in Juice, 3/8 c	Veg Sausage Crumbles Veggie Gravy Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Cantaloupe, 1 sl  <b>Toddlers Diced Cantaloupe</b>	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 Carrot Coins/Applesauce Savory Mashed Potatoes, 1/4 c</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 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 Mandarin Oranges Peas, Carrots, Green Beans</b>

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## June 27 - 30, 2022

	27	28	29	30	
<b>Breakfast</b>	Rice Chex Cereal, GF, 1/2 c  Peaches in Juice, 1/2 c  Milk, 3/4 c	Buttermilk Pancakes (WG) w/ No HFC Syrup, 1 ea  Fresh Apple, 1/2 ea  Milk, 3/4 c	Cheddar Cheese WG Honey Wheat Biscuit, 1 ea  Fresh Banana, 1/2 ea  Milk, 3/4 c	WG Waffle, 1 ea w/ Syrup NO HFC  Mixed Fruit 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>Peaches in Juice</b>	AM Yogurt, 1/2 c Fresh Banana, 1/2 ea  PM Cheddar Cheese Slice, 1 ea Townhouse Crackers, 4 ea	
<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 Tossed Salad w/ Mixed Greens, 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 Honeydew Melon, 1 sl  <b>Toddlers</b> <b>Wheat Dinner Roll/Carrot Coins</b> <b>Diced Honeydew Melon</b>	Corn Dog Nuggets, 4 ea no HFC Ketchup Steamed Green Beans, 1/4 c Golden Delicious Apple, 2/8 c  <b>Toddlers</b> <b>All Natural Applesauce</b>	
<b>Vegetarian Lunch</b>	Veggie Sausage Patty Slider w/ Shredded Cheese and Bun 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 Tossed Salad w/ Mixed Greens, 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</b> <b>Diced Honey Dew Melon</b>	Black Beans & WG Rice Steamed Green Beans, 1/4 c Golden Delicious Apple, 2/8 c  <b>Toddlers</b> <b>All Natural Applesauce</b>	

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