

BeanTree Learning

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

October 3 - 7, 2022

	3	4	5	6	7
Breakfast	Cheerios Cereal (GF), 1/2 c Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce	English Muffin WG White, 1/2 da w/ Grape Jelly (No HFC) Mixed Fruit in Juice, 1/2 c Milk, 3/4 c Toddlers Mandarin Oranges	Corn Chex Cereal (GF), 1/2 c Fresh Orange Wedges, 4 ea Milk, 3/4 c Toddlers Mandarin Oranges	WG Sliced Bagel, 1/2 ea with Cream Cheese, 1/2 oz Peaches in Juice, 1/2 c Milk, 3/4 c Toddlers Mandarin Oranges	Whole Grain Blueberry Muffin, 1 ea Pears in Juice, 1/2 c Milk, 3/4 c Toddlers Mandarin Oranges
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 Toddlers Townhouse Crackers	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 - Banana and Toastios, Peaches in Juice	AM Yogurt, 1/2 c Fresh Banana, 1/2 ea PM Cheddar Cheese Slice, 1 ea Townhouse Crackers, 4 ea Toddlers Graham Crackers, 2 ea; Milk	AM Fresh Baked Blueberry Bread, 1 sl Fresh Banana, 1/2 ea PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea Toddlers Graham Crackers, 2 ea; Milk
Lunch	Swedish Beef Meatballs, 3 ea Plain WG Brown Rice w/ Cauliflower Fresh Baby Carrots w/Ranch, 1/4 c Sauce/Shredded Mozzarella Pineapple Tidbits, 3/8 c Toddlers Sweet Peas / Peaches in Juice Savory Mashed Potatoes, 1/4 c	Pizza Pasta Bake, 1/2 c WG Pasta/Marinara /Beef Crumbles Chicken/Beef Pepperoni Tomato Sauce Shredded Mozzarella Cheese, 1/2 oz Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea Toddlers Mandarin Oranges Green Beans	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	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 Toddlers All Natural Applesauce	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 Toddlers Carrot Coins Diced Honeydew Melon
Vegetarian Lunch	Veggie Beef Meatballs, 3 ea Plain WG Brown Rice w/ Cauliflower Fresh Baby Carrots w/Ranch, 1/4 c Sauce/Shredded Mozzarella Pineapple Tidbits, 3/8 c Toddlers Sweet Peas / Peaches in Juice Savory Mashed Potatoes, 1/4 c	Veggie Pizza Pasta Bake, 1/2 c Shredded Mozzarella Cheese, 1/2 oz Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea Toddlers Mandarin Oranges Green Beans	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	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 Toddlers All Natural Applesauce	Black Beans and Brown Cheesy Rice w/ Cauliflower, 1/4 c Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Fresh Honeydew Melon Toddlers Carrot Coins Diced Honeydew Melon

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 10 - 14, 2022

	10	11	12	13	14
Breakfast	<p>BeanTree Learning Closed for Staff Development</p>	WG Buttermilk Pancakes, 1 ea Syrup, NO HFC Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce	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
AM & PM Snacks		AM Vanilla Yogurt, 1/2 c Homemade Granola, 1 oz PM WG Cinnamon Crispy Bites, 1/2 pkt Milk, 1/2 c Toddlers Graham Crackers, 2 ea	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	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; Milk
Lunch		Salisbury Steak & Gravy, 1 ea Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Red Delicious Apple, 3/8 c Toddlers All Natural Applesauce	GF Chicken Tenders, 3 ea WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots w/ Ranch, 1/4 c Mandarin Oranges, 3/8 c Toddlers Carrot Coins Savory Mashed Potatoes, 1/4 c	WG Spaghetti w/ Beef & Lentils Marinara, 1/2 c Parmesan Cheese, 1/2 oz Baby Spinach & 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/ Fresh Orange Wedges, 2 ea Toddlers Mandarin Oranges Peas, Carrots, Green Beans
Vegetarian Lunch		Veggie Sausage Crumbles Veggie Gravy Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Cantaloupe, 1 sl Toddlers Diced Cantaloupe	Vegan Refried Beans, 1/2 c Cheddar Cheese, 1/2 oz WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Cantaloupe, 1 sl Toddlers Carrot Coins/Applesauce Savory Mashed Potatoes, 1/4 c	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 17 - 21, 2022

	17	18	19	20	21
Breakfast	Cheerios Cereal (GF), 1/2 c Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce	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 Fresh Orange Wedges, 4 ea Milk, 3/4 c Toddlers Mandarin Oranges	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 Krispie Rice Cereal, 1/2 c Milk, 1/2 c PM Monterey Jack Cheese, 1 sl Pears in Juice, 1/2 c Toddlers Townhouse Crackers	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 - Banana and Toastios, 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 Graham Crackers, 2 ea; Milk
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 Tossed Salad w/ Mixed Greens, 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 Chilled Diced Peas, 3/8 c Toddlers Wheat Dinner Roll/Carrot Coins	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Steamed Green Beans, 1/4 c Golden Delicious Apple, 3/8 c Toddlers All Natural Applesauce	Breakfast for Lunch! Pancake Wrap Chicken Sausage, 5 ea Danimals Vanilla Yogurt, 1 ea Fresh Baby Carrots w/ Dip, 1/4 c Fresh Orange Wedges, 2 ea Toddlers Carrot Coins & Mandarin Oranges
Vegetarian Lunch	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 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	Black Beans & WG Rice Wheat Dinner Roll, 1 ea Steamed Green Beans, 1/4 c Golden Delicious Apple, 3/8 c Toddlers All Natural Applesauce	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 Toddlers Carrot Coins & Mandarin Oranges

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October 24 - 28, 2022

	24	25	26	27	28
Breakfast	Rice Chex Cereal, GF, 1/2 c Peaches in Juice, 1/2 c Milk, 3/4 c	WG Buttermilk Pancakes, 1 ea Syrup, NO HFC Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce	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
AM & PM Snacks	AM Rice Chex Cereal (GF), 1/2 c Milk, 1/2 c PM Multigrain 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 Milk, 1/2 c Toddlers Graham Crackers, 2 ea	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 Toddlers Milk; Fresh Banana	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; Milk
Lunch	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 Toddlers Carrot Coins Savory Mashed Potatoes, 1/4 c	Lean Beef Hamburger on Bun, 1 ea Wheat Hamburger Bun, 1 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Fresh Red Delicious Apple, 3/8 c Toddlers Steamed Green Beans Applesauce	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	Corn Dog Nuggets, 5 ea No HFC Ketchup Sweet Yellow Corn, 1/4 c Fresh Orange Wedges, 2 ea Toddlers Mandarin Oranges; 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 Canteloupe, 1 sl Toddlers Diced Cantaloupe Peas, Carrots, Green Beans
Vegetarian Lunch	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 Toddlers Carrot Coins Savory Mashed Potatoes, 1/4 c	Veggie Slider w/ Shredded Cheese Slider Bun No HFC Ketchup Sweet Yellow Corn, 1/4 c Fresh Red Delicious Apple, 3/8 c Toddlers Steamed Green Beans Applesauce	Chickenless Fajita Strips Shredded Cheddar Cheese, 1/2 oz Whole Wheat 6" Tortilla, 1 ea Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea	Vegan Black Bean Chili, 1/3 c Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c Toddlers Mandarin Oranges; 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 Canteloupe, 1 sl Toddlers Diced Cantaloupe Peas, Carrots, Green Beans

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October 31, 2022

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Breakfast	<p>Cheerios Cereal (GF), 1/2 c</p> <p>Fresh Apple, 1/2 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers Applesauce</p>				
AM & PM Snacks	<p>AM</p> <p>Krispie Rice Cereal, 1/2 c</p> <p>Milk, 1/2 c</p> <p>PM</p> <p>Monterey Jack Cheese, 1 sl</p> <p>Pears in Juice, 1/2 c</p> <p>Toddlers Townhouse Crackers</p>				
Lunch	<p>Swedish Beef Meatballs, 3 ea</p> <p>Plain WG Brown Rice w/ Cauliflower</p> <p>Fresh Baby Carrots w/Ranch, 1/4 c</p> <p>Sauce/Shredded Mozzarella</p> <p>Pineapple Tidbits, 3/8 c</p> <p>Toddlers Sweet Peas / Peaches in Juice Savory Mashed Potatoes, 1/4 c</p>				
Vegetarian Lunch	<p>Veggie Beef Meatballs, 3 ea</p> <p>Plain WG Brown Rice w/ Cauliflower</p> <p>Fresh Baby Carrots w/Ranch, 1/4 c</p> <p>Sauce/Shredded Mozzarella</p> <p>Pineapple Tidbits, 3/8 c</p> <p>Toddlers Sweet Peas / Peaches in Juice Savory Mashed Potatoes, 1/4 c</p>				

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