

# BeanTree Learning

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

# January 2 - 6, 2023

	2	3	4	5	6
<b>Breakfast</b>	<b>BeanTree Learning Closed for New Year's</b>	Cheerios Cereal (GF), 1/2 c Applesauce, 1 ea Milk, 3/4 c	Cheddar Cheese, 1 sl WG Honey Wheat Biscuit, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c <b>Toddlers Mandarin Oranges, 1/2 c</b>	WG Waffle, 1 ea with Syrup, no HFC Peaches in Juice, 1/2 c Milk, 3/4 c	Cheerios Cereal (GF), 1/2 c Pears in Juice, 1/2 c Milk, 3/4 c
<b>AM &amp; PM Snacks</b>		AM Rice Chex (GF), 1/2 c Milk, 1/2 c  PM WG Cinnamon Crispy Bites, 1/2 pkt Milk, 1/2 c	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 Applesauce, 1/2 c	AM Cinnamon Raisin Bread, 1/2 sl Milk, 1/2 c  PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Goldfish  <b>Toddlers Peaches in Juice</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>		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 Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots w/ Ranch, 1/4 c Mandarin Oranges, 3/8 c  <b>Toddlers Carrot Coins Savory Mashed Potatoes, 1/4 c</b>	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  <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, 1/4 c</b>
<b>Vegetarian Lunch</b>		Veggie 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 WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Fresh Cantaloupe, 1 sl  <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, 1/4 c</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.  
 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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# January 9 - 13, 2023

	9	10	11	12	13
<b>Breakfast</b>	WG Banana Muffin, 1 ea 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 <b>Toddlers Applesauce, 1/2 c</b>	WG Honey Wheat Biscuit, 1 ea with Apple Butter Fresh Banana, 1/2 ea Milk, 3/4 c	WG Sliced Bagel, 1/2 ea Cream Cheese, 1/2 oz Mixed Fruit in Juice, 1/2 c Milk, 3/4 c	Rice Chex Cereal, 1/2 c 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 Townhouse Crackers, 4 ea Pears in Juice, 1/2 c	AM Graham Crackers, 2 ea Mixed Fruit in Juice, 1/2 c PM Fresh Baby Carrots, 1/2 c w/ Ranch Townhouse Crackers, 4 ea <b>Toddlers 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 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 Milk, 1/2 c PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea <b>Toddlers Graham Crackers, Applesauce</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 Tossed Salad w/ Mixed Greens, 1/4 c w/ Creamy Ranch Dip Fresh Banana, 1/2 ea <b>Toddlers 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 Chilled Diced Pears, 3/8 c <b>Toddlers Wheat Dinner Roll/Carrot Coins</b>	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Steamed Green Beans, 1/4 c Golden Delicious Apple, 3/8 c <b>Toddlers All Natural Applesauce</b>	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 <b>Toddlers Carrot Coins &amp; Mandarin Oranges</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 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 Wheat Dinner Roll/Carrot Coins Diced Honey Dew Melon</b>	Black Beans & WG Rice Savory Mashed Potatoes, 1/4 c Dinner Roll, 1 ea Gala Apple, 3/8 c Fresh Baked Chocolate Chip Cookie <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 <b>Toddlers Carrot Coins &amp; Mandarin Oranges</b>

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## January 16 - 20, 2023

	16	17	18	19	20
<b>Breakfast</b>	WG Blueberry Muffin, 1 ea Fresh Apple, 1/2 ea 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</b>	Cheddar Cheese, 1 sl WG Honey Wheat Biscuit, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c  <b>Toddlers                      Mandarin Oranges, 1/2 c</b>	WG Waffle, 1 ea with Syrup, no HFC Peaches in Juice, 1/2 c Milk, 3/4 c  <b>Toddlers</b>	Cheerios Cereal (GF), 1/2 c Pears in Juice, 1/2 c Milk, 3/4 c  <b>Toddlers</b>
<b>AM &amp; PM Snacks</b>	AM Rice Chex Cereal, 1/2 c Milk, 1/2 c  PM Baked 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 Milk, 1/2 c  <b>Toddlers                      Graham Crackers, 2 ea</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</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                      Milk; Fresh Banana</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; Milk</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 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  <b>Toddlers                      Steamed Green Beans                      Applesauce</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>	Corn Dog Nuggets, 5 ea No HFC Ketchup 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 Chilled Diced Pears, 3/8 c  <b>Toddlers                      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 Slider w/ Shredded Cheese Slider Bun No HFC Ketchup Sweet Yellow Corn, 1/4 c Fresh Red Delicious Apple, 3/8 c  <b>Toddlers                      Steamed Green Beans                      Applesauce</b>	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  <b>Toddlers</b>	Morningstar Veggie Nuggets, 5 ea No HFC Ketchup 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 Chilled Diced Pears, 3/8 c  <b>Toddlers                      Peas, Carrots, Green Beans</b>

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# January 23 - 27, 2023

	23	24	25	26	27
<b>Breakfast</b>	WG Banana Muffin, 1 ea 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  <b>Toddlers Applesauce, 1/2 c</b>	WG Honey Wheat Biscuit, 1 ea with Apple Butter Fresh Banana, 1/2 ea Milk, 3/4 c	WG Sliced Bagel, 1/2 ea Cream Cheese, 1/2 oz Mixed Fruit in Juice, 1/2 c Milk, 3/4 c	Rice Chex Cereal, 1/2 c 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 Townhouse Crackers, 4 ea Pears in Juice, 1/2 c	AM Graham Crackers, 2 ea Mixed Fruit in Juice, 1/2 c  PM Fresh Baby Carrots, 1/2 c w/ Ranch Townhouse Crackers, 4 ea  <b>Toddlers 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 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 Milk, 1/2 c  PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea  <b>Toddlers Graham Crackers, Applesauce</b>
<b>Lunch</b>	Swedish Beef Meatballs, 3 ea Plain WG Brown Rice w/ Cauliflower Fresh Baby Carrots w/Ranch, 1/4 c Pineapple Tidbits, 3/8 c  <b>Toddlers Sweet Peas / Peaches in Juice 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 Cheese, 1/2 oz 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 Mandarin Oranges 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 All Natural Applesauce</b>	Turkey Burger on Bun, 1 ea Wheat Hamburger Bun, 1 ea No HFC Ketchup Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Chilled Diced Peaches, 3/8 c  <b>Toddlers Carrot Coins</b>
<b>Vegetarian Lunch</b>	Veggie Beef Meatballs, 3 ea Plain WG Brown Rice w/ Cauliflower Fresh Baby Carrots w/Ranch, 1/4 c Pineapple Tidbits, 3/8 c  <b>Toddlers Sweet Peas / Peaches in Juice Savory Mashed Potatoes, 1/4 c</b>	Veggie Pizza Pasta Bake, 1/2 c Shredded Mozzarella Cheese, 1/2 oz 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 Mandarin Oranges 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 All Natural Applesauce</b>	Black Beans and Brown Cheesy Rice w/ Cauliflower, 1/4 c Tossed Salad w/ Mixed Greens, 1/4 c Creamy Ranch Dressing Chilled Diced Peaches, 3/8 c  <b>Toddlers Carrot Coins</b>

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## January 30 - 31, 2023

	30	31			
<b>Breakfast</b>	WG Blueberry Muffin, 1 ea  Fresh Apple, 1/2 ea  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>AM &amp; PM Snacks</b>	AM Rice Chex Cereal, 1/2 c Milk, 1/2 c  PM Baked 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 Milk, 1/2 c  <b>Toddlers                      Graham Crackers, 2 ea</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 Fresh Red Delicious Apple, 3/8 c  <b>Toddlers                      All Natural Applesauce</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	Veggie Sausage Crumbles Veggie Gravy Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Cantaloupe, 1 sl  <b>Toddlers                      All Natural Applesauce</b>			

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