

BeanTree Learning

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

October 2 - 6, 2023

	2	3	4	5	6
Breakfast	WG Banana Muffin, 1 ea Peaches in Juice, 1/2 c Milk, 3/4 c	WG Buttermilk Pancakes, 1 ea Syrup Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce, 1/2 c	Biscuit, 1 ea with Apple Butter 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
AM & PM Snacks	AM Krispie Rice Cereal, 1/2 c Milk, 1/2 c PM Townhouse Crackers 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 Toddlers Mandarin Oranges, 1/2 c	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 Milk, 1/2 c PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea Toddlers Graham Crackers, Applesauce
Lunch	Swedish Beef Meatballs, 3 ea Plain WG Brown Rice w/ Cauliflower Fresh Baby Carrots w/Ranch, 1/4 c Pineapple Tidbits, 3/8 c Toddlers Sweet Peas / Peaches in Juice Mashed Potatoes, 1/2 sl WG Bread	Pizza Pasta Bake, 1/2 c WG Pasta/Marinara /Beef Crumbles Chicken/Beef Pepperoni Tomato Sauce Shredded Mozzarella Cheese, 1/2 oz Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea	NAE WG Chicken Nuggets, 4 ea Macaroni & Cheese, 1/2 c Ketchup Sweet Tender Peas, 1/4 c Orange Wedges, 4 ea Toddlers Mandarin Oranges	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese, 1/4 oz Gala Apple, 3/8 c Toddlers Applesauce; Green Beans	Turkey Burger, 1 ea Wheat Hamburger Bun, 1 ea Ketchup Sweet Yellow Corn, 1/4 c Peaches in Juice, 3/8 c Toddlers Carrot Coins
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 Mashed Potatoes, 1/2 sl WG Bread	Veggie Pizza Pasta Bake, 1/2 c Shredded Mozzarella Cheese, 1/2 oz Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea	Morning Star Vegetarian Chicken Nuggets, 4 ea Macaroni & Cheese, 1/2 c Ketchup Sweet Tender Peas, 1/4 c Orange Wedges, 4 ea Toddlers Mandarin Oranges	Black Beans & WG Rice Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese, 1/4 oz Gala Apple, 3/8 c Toddlers Applesauce; Green Beans	Veggie Slider on Bun, 1 ea w/ Shredded Cheese Ketchup Sweet Yellow Corn Peaches in Juice, 3/8 c Toddlers Carrot Coins

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

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October 9 - 13, 2023

	9	10	11	12	13
Breakfast	<p>BeanTree Learning Closed for Staff Development</p>	<p>English Muffin WG White, 1/2 da w/ Grape Jelly (No HFC)</p> <p>Mixed Fruit in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Cheddar Cheese, 1 sl Biscuit, 1 ea</p> <p>Orange Wedges, 6 ea</p> <p>Milk, 3/4 c</p> <p>Toddlers Mandarin Oranges, 1/2 c</p>	<p>WG Waffle, 1 ea with Syrup</p> <p>Peaches in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>	<p>Cheerios Cereal (GF), 1/2 c</p> <p>Pears in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>
AM & PM Snacks		<p>AM Vanilla Yogurt, 1/2 c Homemade Granola, 1 oz</p> <p>PM WG Cinnamon Crispy Bites, 1/2 pkt Milk, 1/2 c</p> <p>Toddlers Graham Crackers, 2 ea</p>	<p>AM Cheerios Cereal (GF), 1/2 c Fresh Banana, 1/2 ea</p> <p>PM WG Sliced Bagel, 1/2 ea Cream Cheese, 1/2 oz Applesauce, 1/2 c</p>	<p>AM Cinnamon Raisin Bread, 1/2 sl Milk, 1/2 c</p> <p>PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Goldfish</p> <p>Toddlers Peaches in Juice, 1/2 c</p>	<p>AM Fresh Baked Banana Bread, 1 sl Fresh Apple, 1/2 ea</p> <p>PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea</p> <p>Toddlers All Natural Applesauce, 1/2 c</p>
Lunch		<p>Salisbury Steak & Gravy, 1 ea Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Red Delicious Apple, 3/8 c</p> <p>Toddlers All Natural Applesauce</p>	<p>GF Chicken Tenders, 3 ea Ketchup</p> <p>WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip</p> <p>Orange Wedges, 4 ea</p> <p>Toddlers Carrot Coins; Mandarin Oranges; Mashed Potatoes, WG Bread</p>	<p>WG Spaghetti w/ Beef & Lentils Marinara, 1/2 c</p> <p>Shredded Mozzarella, 1/2 oz 100% WG Bread, 1/2 sl Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea</p> <p>Toddlers Sweet Tender Peas</p>	<p>Boneless Chicken Wing Dings, 3 ea Ketchup; Wheat Dinner Roll Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4 c Orange Wedges, 4 ea</p> <p>Toddlers Mandarin Oranges, 3/8 c Peas, Carrots, Green Beans, 1/4 c</p>
Vegetarian Lunch		<p>Vegetarian Black Bean Chili, 1/2 c w/Slider Bun</p> <p>Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Red Delicious Apple, 3/8 c</p> <p>Toddlers All Natural Applesauce</p>	<p>Vegan Refried Beans, 1/2 c Cheddar Cheese, 1/2 oz</p> <p>WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip</p> <p>Fresh Cantaloupe, 1 sl</p> <p>Toddlers Carrot Coins; Mandarin Oranges; Mashed Potatoes, WG Bread</p>	<p>WG Spaghetti Marinara, 1/2 c Shredded Mozzarella, 1/2 oz 100% WG Bread, 1/2 sl Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea</p> <p>Toddlers Sweet Tender Peas</p>	<p>Morningstar Veggie Nuggets, 3 ea Ketchup; Wheat Dinner Roll Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4 c Fresh Orange Wedges, 2 ea</p> <p>Toddlers Diced Watermelon, 3/8 c Peas, Carrots, Green Beans, 1/4 c</p>

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October 16 - 20, 2023

	16	17	18	19	20
Breakfast	WG Banana Muffin, 1 ea Peaches in Juice, 1/2 c Milk, 3/4 c	WG Buttermilk Pancakes, 1 ea Syrup Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce, 1/2 c	Biscuit, 1 ea with Apple Butter 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
AM & PM Snacks	AM Krispie Rice Cereal, 1/2 c Milk, 1/2 c PM Townhouse Crackers 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 Toddlers 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 Milk, 1/2 c PM Mini Pretzels, 1/3 c Fresh Apple, 1/2 ea Toddlers Graham Crackers, Applesauce
Lunch	Oven-Baked Chicken Breast Patty Sandwich, 1 ea Wheat Hamburger Roll, 1 ea Ketchup Sweet Tender Peas, 1/4 c All Natural Applesauce, 3/8 c	WG Chicken Nuggets, 3 ea Creamy Mac & Cheese, 1/2 c Ketchup 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	Italian Beef Meatballs, 3 ea Sub Roll, 1/2 ea Mozzarella Cheese, 1/2 oz Steamed Green Beans, 1/4 c Golden Delicious Apple, 3/8 c Toddlers All Natural Applesauce	Corn Dog Nuggets, 5 ea Ketchup Tossed Salad w/ Mixed Greens, 1/2 c Ranch Dip Orange Wedges, 4 ea Toddlers Mandarin Oragnes, 3/8 c Carrot Coins, 1/4 c
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	Morningstar Veggie Nuggets, 3 ea Creamy Mac & Cheese, 1/2 c Ketchup 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 Chilled Diced Peas, 3/8 c 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 Steamed Green Beans, 1/4 c Golden Delicious Apple, 3/8 c Toddlers All Natural Applesauce	Morningstar Veggie Nuggets, 5 ea No HFC Ketchup Tossed Salad w/ Mixed Greens, 1/2 c Ranch Dip Orange Wedges, 4 ea Toddlers Mandarin Oragnes, 3/8 c Carrot Coins

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October 23 - 27, 2023

	23	24	25	26	27
Breakfast	WG Blueberry Muffin, 1 ea Gala 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	Cheddar Cheese, 1 sl Biscuit, 1 ea Orange Wedges, 6 ea Milk, 3/4 c Toddlers Mandarin Oranges, 1/2 c	WG Waffle, 1 ea with Syrup 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
AM & PM Snacks	AM Rice Chex Cereal, 1/2 c Milk, 1/2 c PM Baked 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 Milk, 1/2 c Toddlers Graham Crackers, 2 ea	AM Cheerios Cereal (GF), 1/2 c Fresh Banana, 1/2 ea PM WG Sliced 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 Toddlers Peaches in Juice	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
Lunch	NAE WG Chicken Nuggets, 4 ea WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 3/8 c Toddlers Carrot Coins Mashed Potatoes, 1/2 sl WG Bread	Lean Beef Hamburger on Bun, 1 ea Wheat Hamburger Bun, 1 ea Ketchup Sweet Yellow Corn, 1/4 c Fresh Red Delicious Apple, 3/8 c Toddlers Steamed Green Beans, 1/4 c Applesauce, 3/8 c	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	Breakfast for Lunch! WG Buttermilk Pancake, 1 ea Chicken Sausage, 1 ea Syrup Fresh Baby Carrots, 1/4 c Ranch Dressing Orange Wedges, 4 ea Toddlers Mandarin Oranges, 3/8 c Carrot Coins, 1/4 c	"Baked Ziti" Meatless w/ Soy Italian Red Sauce w/ Three Cheeses, 1/2 c Hot Mixed Vegetables, 1/4 c Wheat Dinner Roll, 1 ea Chilled Diced Pears, 3/8 c Toddlers Peas, Carrots, Green Beans
Vegetarian Lunch	Veggie Egg Roll, 1 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 Mashed Potatoes, 1/2 sl WG Bread	Veggie Slider w/ Shredded Cheese Slider Bun Ketchup Sweet Yellow Corn, 1/4 c Fresh Red Delicious Apple, 3/8 c Toddlers Steamed Green Beans, 1/4 c Applesauce, 3/8 c	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	Breakfast for Lunch! WG Buttermilk Pancake, 1 ea Morningstar Veg Sausage, 1 ea Syrup Fresh Baby Carrots, 1/4 c Ranch Dressing Honeydew, 1 sl Toddlers Mandarin Oranges, 3/8 c Carrot Coins, 1/4 c	"Baked Ziti" Meatless w/ Soy Italian Red Sauce w/ Three Cheeses, 1/2 c Hot Mixed Vegetables, 1/4 c Wheat Dinner Roll, 1 ea Chilled Diced Pears, 3/8 c Toddlers Peas, Carrots, Green Beans

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October 30 - 31, 2023

	30	31			
Breakfast	WG Banana Muffin, 1 ea Peaches in Juice, 1/2 c Milk, 3/4 c	WG Buttermilk Pancakes, 1 ea Syrup Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce, 1/2 c			
AM & PM Snacks	AM Krispie Rice Cereal, 1/2 c Milk, 1/2 c PM Townhouse Crackers 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 Toddlers Mandarin Oranges			
Lunch	Swedish Beef Meatballs, 3 ea Plain WG Brown Rice w/ Cauliflower Fresh Baby Carrots w/Ranch, 1/4 c Pineapple Tidbits, 3/8 c Toddlers Sweet Peas / Peaches in Juice Mashed Potatoes, 1/2 sl WG Bread	Pizza Pasta Bake, 1/2 c WG Pasta/Marinara /Beef Crumbles Chicken/Beef Pepperoni Tomato Sauce Shredded Mozzarella Cheese, 1/2 oz Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea			
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 Mashed Potatoes, 1/2 sl WG Bread	Veggie Pizza Pasta Bake, 1/2 c Shredded Mozzarella Cheese, 1/2 oz Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Fresh Banana, 1/2 ea			

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