

BeanTree Learning

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

January 2 - 5, 2024

	2	3	4	5
Breakfast	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 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 Toddlers Peaches in Juice, 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 All Natural Applesauce, 1/2 c	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, 1/2 c
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 Ketchup WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Orange Wedges, 4 ea Toddlers Carrot Coins; Mandarin Oranges; Mashed Potatoes, WG Bread	WG Spaghetti w/ Beef & Lentils Marinara, 1/2 c Shredded Mozzarella, 1/2 oz 100% WW Bread, 1/2 sl Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea Toddlers Sweet Tender Peas	Boneless Chicken Wing Dings, 3 ea Ketchup; Wheat Dinner Roll Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4 c Orange Wedges, 4 ea Toddlers Mandarin Oranges, 3/8 c Peas, Carrots, Green Beans, 1/4 c
Vegetarian Lunch	Vegetarian Black Bean Chili, 1/2 c w/Slider Bun Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Red Delicious Apple, 3/8 c Toddlers All Natural Applesauce	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; Mandarin Oranges; Mashed Potatoes, WG Bread	WG Spaghetti Marinara, 1/2 c Shredded Mozzarella, 1/2 oz 100% WW Bread, 1/2 sl Baby Spinach and Ranch, 1/4 c Fresh Banana, 1/2 ea Toddlers Sweet Tender Peas	Morningstar Veggie Nuggets, 3 ea Ketchup; Wheat Dinner Roll Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4 c Fresh Orange Wedges, 2 ea Toddlers Diced Watermelon, 3/8 c Peas, Carrots, Green Beans, 1/4 c

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 8 - 12, 2024

	8	9	10	11	12
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 Pears, 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 Oranges, 3/8 c Carrot Coins, 1/4 c
Vegetarian Lunch	Veggie Slider w/ Shredded Cheese 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 Pears, 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 Oranges, 3/8 c Carrot Coins

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January 15 - 19, 2024

	15	16	17	18	19
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 Toddlers Peaches in Juice	AM Cinnamon Raisin Bread, 1/2 sl Milk, 1/2 c PM Fresh Baby Carrots, 1/2 c Ranch Dressing; WG Goldfish Toddlers All Natural Applesauce	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 Toddlers Steamed Green Beans, 1/4 c Applesauce, 3/8 c	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 Toddlers Steamed Green Beans, 1/4 c Applesauce, 3/8 c	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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January 22 - 26, 2024

	25	26	27	28	29
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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	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

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January 29 - 31, 2024

Breakfast	29	30	31		
	WG Blueberry Muffin, 1 ea Gala Apple, 1/2 ea Milk, 3/4 c Toddlers Applesauce, 1/4 c	English Muffin WG White, 1/2 da w/ Grape Jelly (No HFC) Mixed Fruit in Juice, 1/2 c Milk, 3/4 c	Cheddar Cheese, 1 sl Biscuit, 1 ea Orange Wedges, 6 ea Milk, 3/4 c Toddlers Mandarin Oranges, 1/2 c		
	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		
	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 Ketchup WG Brown Rice w/ Cauliflower, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Orange Wedges, 4 ea Toddlers Carrot Coins; Mandarin Oranges; Mashed Potatoes, WG Bread		
Vegetarian Lunch	Veggie Slider on a Bun, 1 ea Shredded Cheddar Cheese, 1/2 oz Slider Bun, 1 ea Ketchup Steamed Green Beans, 1/4 c Pears and Peaches in Juice, 3/8 c	Vegetarian Black Bean Chili, 1/2 c w/Slider Bun Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Fresh Red Delicious Apple, 3/8 c Toddlers All Natural Applesauce	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; Mandarin Oranges; Mashed Potatoes, WG Bread		

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