

# BeanTree Learning

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

## October 1 - 4, 2024

	1	2	3	4
<b>Breakfast</b>	WG Buttermilk Pancake, 1 ea Syrup  Fuji Apple, 1/2 ea  Milk, 3/4 c  <b>Toddlers</b> <b>Cinnamon Applesauce, 1/2 c</b>	WG Wheat Biscuit, 1 ea w/ Apple Butter  Banana, 1/2 ea  Milk, 3/4 c	WG Sliced Bagel, 1/2 ea w/ Cream Cheese, 1/2 oz  Fruit Cocktail, 1/2 c  Milk, 3/4 c	Rice Chex Cereal (GF), 1/2 c  Pears in Juice, 1/2 c  Milk, 3/4 c
<b>AM &amp; PM Snacks</b>	AM Honey Maid Graham Crackers, 1 pkg Fruit Cocktail, 1/2 c  PM Townhouse Crackers, 4 ea Fresh Baby Carrots, 1/2 c Ranch Dressing <b>Toddlers</b> <b>Pears in Juice; Mandarin Oranges</b>	AM Corn Chex (GF), 1/2 c Peaches, 1/2 c  PM WG Cheese Goldfish, 1 pkg Red Delicious Apple, 1/2 c  <b>Toddlers</b> <b>Cinnamon Applesauce, 1/2 c</b>	AM Danimals Vanilla Yogurt, 1 ea Banana, 1/2 ea  PM Townhouse Crackers, 4 ea Cheddar Cheese Stick, 1 ea	AM Blueberry Muffin, 1 ea Milk, 1/2 ea  PM Mini Pretzels, 1/3 c Gala Apple, 1/2 ea  <b>Toddlers</b> <b>Graham Crackers &amp; Applesauce</b>
<b>Lunch</b>	Pizza Pasta Bake, 1/2 c WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni Tomato Sauce Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Banana, 1/2 ea	NAE WG Chicken Nuggets, 3 ea Macaroni & Cheese, 1/2 c Ketchup Sweet Tender Peas, 1/4 c Orange Wedges, 4 ea  <b>Toddlers</b> <b>Mandarin Oranges, 3/8 c</b>	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing, Parmesan Cheese Gala Apple, 3/8 c  <b>Toddlers</b> <b>Applesauce, 3/8 c</b> <b>Steamed Green Beans, 1/4 c</b>	Vegan Black Bean Chili, 1/2 c Plain WG Brown Rice, 1/3 c Shredded Cheddar, 1/2 oz Sweet Yellow Corn, 1/4 c Peaches in Juice, 3/8 c  <b>Toddlers</b> <b>Carrot Coins, 1/4 c</b> <b>100% Whole Wheat Bread, 1/2 sl</b>
<b>Vegetarian Lunch</b>	Veggie Pizza Pasta Bake, 1/2 c Tomato Sauce Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Banana, 1/2 ea	Morningstar Veggie Nuggets, 3 ea Macaroni & Cheese, 1/2 c Ketchup Sweet Tender Peas, 1/4 c Orange Wedges, 4 ea  <b>Toddlers</b> <b>Mandarin Oranges, 3/8 c</b>	Black Beans, 1/2 c WG Brown Rice, 1/3 c Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing, Parmesan Cheese Gala Apple, 3/8 c  <b>Toddlers</b> <b>Applesauce, 3/8 c</b> <b>Steamed Green Beans, 1/4 c</b>	Vegan Black Bean Chili, 1/2 c Plain WG Brown Rice, 1/3 c Shredded Cheddar, 1/2 oz Sweet Yellow Corn, 1/4 c Peaches in Juice, 3/8 c  <b>Toddlers</b> <b>Carrot Coins, 1/4 c</b> <b>100% Whole Wheat Bread, 1/2 sl</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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## October 7 - 11, 2024

	7	8	9	10	11
<b>Breakfast</b>	WG Blueberry Muffin, 1 ea Gala Apple, 1/2 ea Milk, 3/4 c  <b>Toddlers</b> Cinnamon Applesauce, 1/2 c	WG English Muffin, 1/2/ ea w/ Grape Jelly Pineapple Tidbits, 1/2 c Milk, 3/4 c  <b>Toddlers</b> Pears in Juice, 1/2 c	Cheddar Cheese, 1 sl Biscuit, 1 ea Peaches, 1/2 c Milk, 3/4 c	WG Waffle, 1 ea w/ Syrup Mandarin oranges, 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 Baked Multigrain Sun Chips, 1/2 pkg Mild Salsa, 1 oz Mandarin Oranges in Juice, 1/2 c <b>Toddlers</b> Danimals Vanilla Yogurt, 1 ea	AM Danimals Vanilla Yogurt, 1 ea Homemade Granola, 1 oz  PM WG Cinnamon Crispy Bites, 1 pkg Milk, 1/2 c  <b>Toddlers</b> Graham Crackers	AM Cheerios Cereal (GF), 1/2 c Banana, 1/2 ea  PM WG Sliced Bagel, 1/2 ea Cream Cheese, 1/2 oz Applesauce, 1/2 c	AM WG Cinnamon Raisin Bread, 1 sl Milk, 1/2 c  PM WG Cheese Goldfish, 1 pkg Fresh Baby Carrots, 1/2 c w/ Ranch, 1 oz <b>Toddlers</b> Peaches in Juice, 1/2 c	AM Banana Muffin, 1 ea Red Delicious Apple, 1/2 ea  PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea  <b>Toddlers</b> Cinnamon Applesauce, 1/2 c
<b>Lunch</b>	NAE WG Chicken Nuggets, 5 ea Ruffles Chips, 1/4 c Ketchup Steamed Green Beans, 1/4 c Fruit Cocktail, 3/8 c  <b>Toddlers</b> Goldfish, 1/4 c Pears in Juice, 3/8 c	Salisbury Steak & Gravy, 1 ea Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Red Delicious Apple, 3/8 c  <b>Toddlers</b> Cinnamon Applesauce, 3/8c	NAE GF Chicken Tenders, 3 ea Ketchup Plain WG Brown Rice, 1/3 c Fresh Baby Carrots, 1/4 c Ranch Orange Wedges, 4 ea <b>Toddlers</b> Carrot Coins, 1/4 c Mandarin Oranges, 3/8 c 100% Whole Grain Bread, 1/2 sl	Spaghetti & Beef/Lentil Marinara, 1/2 c Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2 sl Baby Spinach, 1/2 c Ranch Banana, 1/2 ea  <b>Toddlers</b> Sweet Tender Peas, 1/4 c	Boneless Chicken Wing Dings, 3 ea Ketchup Wheat Dinner Roll, 1 ea Mixed Vegetables, 1/4 c Pineapple Tidbits, 3/8 c  <b>Toddlers</b> Peas, Carrots, Green Beans, 1/4 c Mandarin Oranges, 3/8 c
<b>Vegetarian Lunch</b>	Veggie Slider on Bun, 1 ea Shredded Cheese, 1/2 oz Ruffles Chips, 1/4 c Ketchup Steamed Green Beans, 1/4 c Fruit Cocktail, 3/8 c  <b>Toddlers</b> Goldfish, 1/4 c Pears in Juice, 3/8 c	Veggie Black Bean Chili, 1/2 c Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Red Delicious Apple, 3/8 c  <b>Toddlers</b> Cinnamon Applesauce, 3/8c	Refried Beans, 1/2 c Shredded Cheese, 1/2 oz Plain WG Brown Rice, 1/3 c Fresh Baby Carrots, 1/4 c Ranch Orange Wedges, 4 ea <b>Toddlers</b> Carrot Coins, 1/4 c Mandarin Oranges, 3/8 c 100% Whole Grain Bread, 1/2 sl	WG Spaghetti Marinara, 1/2 c Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2 sl Baby Spinach, 1/2 c Ranch Banana, 1/2 ea  <b>Toddlers</b> Sweet Tender Peas, 1/4 c	Morningstar Veggie Nuggets, 5 ea Ketchup Wheat Dinner Roll, 1 ea Mixed Vegetables, 1/4 c Pineapple Tidbits, 3/8 c  <b>Toddlers</b> Peas, Carrots, Green Beans, 1/4 c Mandarin Oranges, 3/8 c

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 Vegetarian meals contain no beef or poultry.

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# October 14 - 18, 2024

	14	15	16	17	18
<b>Breakfast</b>	<p><b>BeanTree Learning</b></p> <p><b>Closed for</b></p> <p><b>Professional Development</b></p>	WG Buttermilk Pancakes, 1 ea w/ Syrup  Fuji Apple, 1/2 ea  Milk, 3/4 c	WG Wheat Biscuit, 1 ea w/ Apple Butter  Banana, 1/2 ea  Milk, 3/4 c	WG Sliced Bagel, 1/2 ea w/ Cream Cheese, 1/2 oz  Fruit Cocktail, 1/2 c  Milk, 3/4 c	Rice Chex Cereal (GF), 1/2 c  Pears in Juice, 1/2 c  Milk, 3/4 c
<b>AM &amp; PM Snacks</b>		<p>AM</p> Honey Maid Graham Crackers, 1 pkg Fruit Cocktail, 1/2 c  <p>PM</p> Townhouse Crackers, 4 ea Fresh Baby Carrots, 1/2 c Ranch Dressing <p><b>Toddlers</b></p> Pears in Juice; Mandarin Oranges	<p>AM</p> Corn Chex (GF), 1/2 c Peaches, 1/2 c  <p>PM</p> WG Cheese Goldfish, 1 pkg Red Delicious Apple, 1/2 c  <p><b>Toddlers</b></p> Cinnamon Applesauce, 1/2 c	<p>AM</p> Danimals Vanilla Yogurt, 1 ea Banana, 1/2 ea  <p>PM</p> Townhouse Crackers, 4 ea Cheddar Cheese Stick, 1 ea  <p><b>Toddlers</b></p> Graham Crackers & Applesauce	<p>AM</p> Blueberry Muffin, 1 ea Milk, 1/2 ea  <p>PM</p> Mini Pretzels, 1/3 c Gala Apple, 1/2 ea  <p><b>Toddlers</b></p> Graham Crackers & Applesauce
<b>Lunch</b>		NAE WG Chicken Nuggets, 3 ea Macaroni & Cheese, 1/2 c Ketchup Tossed Salad w/ Mixed Greens, 1/2 c Ranch Banana, 1/2 c  <p><b>Toddlers</b></p> Peas Carrots, Green Beans, 1/4 c	Beef Nacho Fiesta, 1/4 c Shredded Cheddar Cheese, 1/2 oz GF Corn Tortilla Chips, 1/4 c Sweet Yellow Corn, 1/4 c Pears in Juice, 3/8 c  <p><b>Toddlers</b></p> Wheat Dinner Roll, 1 ea Carrot Coins, 1/4 c	Italian Beef Meatballs, 3 ea Sub Roll, 1/2 ea Shredded Mozzarella Cheese, 1/2 oz Steamed Green Beans, 1/4 c Golden Delicious Apple, 3/8 c  <p><b>Toddlers</b></p> Cinnamon Applesauce, 3/8 c	Corn Dog Nuggets, 5 ea Ketchup Mixed Greens Salad, 1/2 c Ranch Orange Wedges, 4 ea  <p><b>Toddlers</b></p> Carrot Coins, 1/4 c Mandarin Oranges, 3/8 c
<b>Vegetarian Lunch</b>		Morningstar Veggie Nuggets, 3 ea Macaroni & Cheese, 1/2 c Ketchup Tossed Salad w/ Mixed Greens, 1/2 c Ranch Banana, 1/2 c  <p><b>Toddlers</b></p> Peas Carrots, Green Beans, 1/4 c	Veggie Nacho Fiesta, 1/4 c Shredded Cheddar Cheese, 1/2 oz GF Corn Tortilla Chips, 1/4 c Sweet Yellow Corn, 1/4 c Pears in Juice, 3/8 c  <p><b>Toddlers</b></p> Wheat Dinner Roll, 1 ea Carrot Coins, 1/4 c	Italian Veggie Meatballs, 2 ea Sub Roll, 1/2 ea Shredded Mozzarella Cheese, 1/2 oz Steamed Green Beans, 1/4 c Golden Delicious Apple, 3/8 c  <p><b>Toddlers</b></p> Cinnamon Applesauce, 3/8 c	Morningstar Veggie Nuggets, 5 ea Ketchup Mixed Greens Salad, 1/2 c Ranch Orange Wedges, 4 ea  <p><b>Toddlers</b></p> Carrot Coins, 1/4 c Mandarin Oranges, 3/8 c

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## October 21 - 25, 2024

	21	22	23	24	25
<b>Breakfast</b>	WG Blueberry Muffin, 1 ea  Gala Apple, 1/2 ea  Milk, 3/4 c	WG English Muffin, 1/2/ ea w/ Grape Jelly  Pineapple Tidbits, 1/2 c  Milk, 3/4 c  <b>Toddlers</b> <b>Pears in Juice, 1/2 c</b>	Cheddar Cheese, 1 sl Biscuit, 1 ea  Orange Wedges, 4 ea  Milk, 3/4 c  <b>Toddlers</b> <b>Mandarin Oranges, 1/2 c</b>	WG Waffle, 1 ea w/ Syrup  Banana, 1/2 ea  Milk, 3/4 c	Cheerios Cereal (GF), 1/2 c  Peaches 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 Baked Multigrain Sun Chips, 1/2 pkg Mild Salsa, 1 oz Mandarin Oranges in Juice, 1/2 c <b>Toddlers</b> <b>Danimals Vanilla Yogurt, 1 ea</b>	AM Danimals Vanilla Yogurt, 1 ea Homemade Granola, 1 oz  PM WG Cinnamon Crispy Bites, 1 pkg Milk, 1/2 c  <b>Toddlers</b> <b>Graham Crackers</b>	AM Cheerios Cereal (GF), 1/2 c Banana, 1/2 ea  PM WG Sliced Bagel, 1/2 ea Cream Cheese, 1/2 oz Applesauce, 1/2 c	AM WG Cinnamon Raisin Bread, 1 sl Milk, 1/2 c  PM WG Cheese Goldfish, 1 pkg Fresh Baby Carrots, 1/2 c w/ Ranch, 1 oz <b>Toddlers</b> <b>Peaches in Juice, 1/2 c</b>	AM Banana Muffin, 1 ea Red Delicious Apple, 1/2 ea  PM Cheddar Cheese Stick, 1 ea Townhouse Crackers, 4 ea  <b>Toddlers</b> <b>Cinnamon Applesauce, 1/2 c</b>
<b>Lunch</b>	NAE WG Chicken Nuggets, 4 ea Plain WG Brown Rice, 1/3 c Ketchup  Fresh Baby Carrots, 1/4 c Ranch Fruit Cocktail, 3/8 c  <b>Toddlers</b> <b>Carrot Coins; Peaches in Juice</b> <b>100% Whole Grain Bread, 1/2 sl</b>	Lean Beef Hamburger on Bun, 1 ea White Wheat Hamburger Bun, 1 ea Ketchup  Sweet Yellow Corn, 1/4 c Red Delicious Apple, 3/8 c  <b>Toddlers</b> <b>Steamed Green Beans, 1/4 c</b> <b>Cinnamon Applesauce, 3/8 c</b>	Chicken Fajitas, 1/3 c Shredded Cheddar Cheese, 1/2 oz Whole Wheat 6" Tortilla, 1 ea Steamed Green Beans, 1/4 c Banana, 1/2 ea	WG Buttermilk Pancake, 1 ea w/ Chicken Sausage, 1 ea Syrup  Fresh Baby Carrots, 1/2 c Ranch Orange Wedges, 4 ea  <b>Toddlers</b> <b>Carrot Coins, 1/4 c</b> <b>Mandarin Oranges, 3/8 c</b>	Meatless Baked Ziti, 1/2 c WG Pasta, Manira, 3 Cheese, Soy, 1/2 c Mixed Vegetables, 1/4 c Wheat Dinner Roll, 1 ea Pears in Juice, 3/8 c  <b>Toddlers</b> <b>Peas Carrots, Green Beans, 1/4 c</b>
<b>Vegetarian Lunch</b>	Egg Roll, 1 ea Plain WG Brown Rice, 1/3 c Fresh Baby Carrots, 1/4 c Ranch Fruit Cocktail, 3/8 c  <b>Toddlers</b> <b>Carrot Coins; Peaches in Juice</b> <b>100% Whole Grain Bread, 1/2 sl</b>	Veggie Slider on Bun, 1 ea Shredded Cheese, 1/2 oz Ketchup  Sweet Yellow Corn, 1/4 c Red Delicious Apple, 3/8 c  <b>Toddlers</b> <b>Steamed Green Beans, 1/4 c</b> <b>Cinnamon Applesauce, 3/8 c</b>	Chickenless Fajita Strips, 1/3 c Shredded Cheddar Cheese, 1/2 oz Whole Wheat 6" Tortilla, 1 ea Steamed Green Beans, 1/4 c Banana, 1/2 ea	WG Buttermilk Pancake, 1 ea w/ Morningstar Veggie Sausage, 1 ea Syrup  Fresh Baby Carrots, 1/2 c Ranch Orange Wedges, 4 ea  <b>Toddlers</b> <b>Carrot Coins, 1/4 c</b> <b>Mandarin Oranges, 3/8 c</b>	Meatless Baked Ziti, 1/2 c WG Pasta, Manira, 3 Cheese, Soy, 1/2 c Mixed Vegetables, 1/4 c Wheat Dinner Roll, 1 ea Pears in Juice, 3/8 c  <b>Toddlers</b> <b>Peas Carrots, Green Beans, 1/4 c</b>

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## October 28 - 31, 2024

	28	29	30	31	
<b>Breakfast</b>	WG Banana Muffin, 1 ea Mandarin Oranges, 1/2 c Milk, 3/4 c	WG Buttermilk Pancakes, 1 ea w/ Syrup Fuji Apple, 1/2 ea Milk, 3/4 c	WG Wheat Biscuit, 1 ea w/ Apple Butter Banana, 1/2 ea Milk, 3/4 c	WG Sliced Bagel, 1/2 ea w/ Cream Cheese, 1/2 oz Fruit Cocktail, 1/2 c Milk, 3/4 c	
<b>AM &amp; PM Snacks</b>	AM Crispy Rice Cereal, 1/2 c Milk, 1/2 c PM Townhouse Crackers, 4 ea Pears in Juice, 1/2 c	AM Honey Maid Graham Crackers, 1 pkg Fruit Cocktail, 1/2 c PM Townhouse Crackers, 4 ea Fresh Baby Carrots, 1/2 c Ranch Dressing <b>Toddlers</b> <b>Pears in Juice; Mandarin Oranges</b>	AM Corn Chex (GF), 1/2 c Peaches, 1/2 c PM WG Cheese Goldfish, 1 pkg Red Delicious Apple, 1/2 c <b>Toddlers</b> <b>Cinnamon Applesauce, 1/2 c</b>	AM Danimals Vanilla Yogurt, 1 ea Banana, 1/2 ea PM Townhouse Crackers, 4 ea Cheddar Cheese Stick, 1 ea	
<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</b> <b>Sweet Peas / Peaches in Juice</b> <b>WG Whole Grain Bread, 1/2 sl</b>	Pizza Pasta Bake, 1/2 c WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni Tomato Sauce Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Banana, 1/2 ea	NAE WG Chicken Nuggets, 3 ea Macaroni & Cheese, 1/2 c Ketchup Sweet Tender Peas, 1/4 c Orange Wedges, 4 ea <b>Toddlers</b> <b>Mandarin Oranges, 3/8 c</b>	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing, Parmesan Cheese Gala Apple, 3/8 c <b>Toddlers</b> <b>Applesauce, 3/8 c</b> <b>Steamed Green Beans, 1/4 c</b>	
<b>Vegetarian Lunch</b>	Vegan Meatballs in Vegan Gravy, 2 ea Plain WG Brown Rice w/ Cauliflower Fresh Baby Carrots w/Ranch, 1/4 c Pineapple Tidbits, 3/8 c <b>Toddlers</b> <b>Sweet Peas / Peaches in Juice</b> <b>WG Whole Grain Bread, 1/2 sl</b>	Veggie Pizza Pasta Bake, 1/2 c Tomato Sauce Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2 sl Steamed Green Beans, 1/4 c Banana, 1/2 ea	Morningstar Veggie Nuggets, 3 ea Macaroni & Cheese, 1/2 c Ketchup Sweet Tender Peas, 1/4 c Orange Wedges, 4 ea <b>Toddlers</b> <b>Mandarin Oranges, 3/8 c</b>	Black Beans, 1/2 c WG Brown Rice, 1/3 c Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing, Parmesan Cheese Gala Apple, 3/8 c <b>Toddlers</b> <b>Applesauce, 3/8 c</b> <b>Steamed Green Beans, 1/4 c</b>	

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