

# BeanTree Learning

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

## November 1, 2024

<b>Breakfast</b>					1	<p>Rice Chex Cereal (GF), 1/2 c</p> <p>Pears in Juice, 1/2 c</p> <p>Milk, 3/4 c</p>
<b>AM &amp; PM Snacks</b>						<p>AM</p> <p>Blueberry Muffin, 1 ea</p> <p>Milk, 1/2 ea</p> <p>PM</p> <p>Mini Pretzels, 1/3 c</p> <p>Gala Apple, 1/2 ea</p> <p><b>Toddlers</b></p> <p><b>Graham Crackers &amp; Applesauce</b></p>
<b>Lunch</b>						<p>Chicken Meatball Sub</p> <p>Chicken Meatballs, 3 ea</p> <p>Hot Dog Roll, 1 ea</p> <p>Shredded Mozzarella Cheese, 1/2 oz</p> <p>Sweet Yellow Corn, 3/8 c</p> <p>Peaches in Juice, 3/8 c</p> <p><b>Toddlers</b></p> <p><b>Carrot Coins, 1/4 c</b></p>
<b>Vegetarian Lunch</b>						<p>Veg Slider on Bun, 2 ea</p> <p>Shredded Cheese, 1/2 oz</p> <p>Sweet Yellow Corn, 1/4 c</p> <p>Peaches in Juice, 3/8 c</p> <p><b>Toddlers</b></p> <p><b>Carrot Coins, 1/4 c</b></p>

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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## November 4 - 8, 2024

	4	5	6	7	8
<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 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 Cinnamon 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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# November 11 - 15, 2024

	11	12	13	14	15
<b>Breakfast</b>	WG Banana Muffin, 1 ea Peaches in Juice, 1/2 c Milk, 3/4 c	WG Buttermilk Pancakes, 1 ea w/ Syrup Fuji Apple, 1/2 ea Milk, 3/4 c <b>Toddlers 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 <b>Toddlers Peaches in Juice, 1/2 c</b>	Rice Chex Cereal (GF), 1/2 c Pears in Juice, 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 Peaches in Juice; Mandarin Oranges</b>	AM Corn Chex (GF), 1/2 c Orange Wedges, 4 ea  PM WG Cheese Goldfish, 1 pkg Red Delicious Apple, 1/2 c <b>Toddlers Mandarin Oranges; Peaches in Juice</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 Graham Crackers &amp; Cinnamon Applesauce</b>
<b>Lunch</b>	Oven Baked Chicken Patty, 1 ea WG White Wheat Hamburger Bun, 1 ea Ketchup Sweet Tender Peas, 1/4 c Cinnamon Applesauce, 3/8 c	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 <b>Toddlers Peas, Carrots, Green Beans, 1/4 c</b>	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 <b>Toddlers Wheat Dinner Roll, 1 ea Carrot Coins, 1/4 c</b>	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 <b>Toddlers Cinnamon Applesauce, 3/8 c</b>	Chicken Corn Dog Nuggets, 5 ea Ketchup Mixed Greens Salad, 1/2 c Ranch Orange Wedges, 4 ea <b>Toddlers Carrot Coins, 1/4 c Mandarin Oranges, 3/8 c</b>
<b>Vegetarian Lunch</b>	Veggie Slider on Bun, 1 ea Shredded Cheese, 1/2 oz Ketchup Sweet Tender Peas, 1/4 c Cinnamon Applesauce, 3/8 c	Morningstar Veggie Nuggets, 3 ea Macaroni & Cheese, 1/2 c Ketchup Tossed Salad w/ Mixed Greens, 1/2 c Ranch Banana, 1/2 c <b>Toddlers Peas, Carrots, Green Beans, 1/4 c</b>	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 <b>Toddlers Wheat Dinner Roll, 1 ea Carrot Coins, 1/4 c</b>	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 <b>Toddlers Cinnamon Applesauce, 3/8 c</b>	Morningstar Veggie Nuggets, 5 ea Ketchup Mixed Greens Salad, 1/2 c Ranch Orange Wedges, 4 ea <b>Toddlers Carrot Coins, 1/4 c Mandarin Oranges, 3/8 c</b>

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## November 18 - 22, 2024

	18	19	20	21	22
<b>Breakfast</b>	WG Blueberry Muffin, 1 ea  Gala Apple, 1/2 ea  Milk, 3/4 c  <b>Toddlers</b> <b>Cinnamon Applesauce, 1/2 c</b>	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	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 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 Peaches in Juice, 1/2 c  PM WG Sliced Bagel, 1/2 ea Cream Cheese, 1/2 oz Cinnamon 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	<b>Thanksgiving Meal</b> Roasted Turkey Breast w/ Gravy, 2 oz s Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Red Delicious Apple, 3/8 c Vanilla Wafers, 4 ea  <b>Toddlers</b> <b>Cinnamon Applesauce, 3/8 c</b>	Meatless Baked Ziti, 1/2 c WG Pasta, Marinara, 3 Cheese, Soy, 1/2 c Mixed Vegetables, 1/4 c Wheat Dinner Roll, 1 ea Peaches 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	<b>Thanksgiving Meal</b> Vegan Chicken-less Strips w/ Veggie Gravy, 1/2 c Savory Mashed Potatoes, 1/4 c Wheat Dinner Roll, 1 ea Red Delicious Apple, 3/8 c Vanilla Wafers, 4 ea  <b>Toddlers</b> <b>Cinnamon Applesauce, 3/8 c</b>	Meatless Baked Ziti, 1/2 c WG Pasta, Marinara, 3 Cheese, Soy, 1/2 c Mixed Vegetables, 1/4 c Wheat Dinner Roll, 1 ea Peaches in Juice, 3/8 c  <b>Toddlers</b> <b>Peas Carrots, Green Beans, 1/4 c</b>

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## November 25 - 29, 2024

	25	26	27	28	29
<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 <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	<b>BeanTree Learning</b> <b>Closed for</b> <b>Thanksgiving Holiday</b>	<b>BeanTree Learning</b> <b>Closed for</b> <b>Thanksgiving Holiday</b>
<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 in Juice, 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>		
<b>Lunch</b>	Swedish Beef Meatballs, 3 ea Plain WG Brown Rice, 1/3 c 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>		
<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>		

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