## BeanTree Learning

## June 1-3, 2016



## BeanTree Learning <br> June 6-10, 2016

|  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Krispie Rice Cereal, 1/3c <br> 100\% Strawberry Kiwi Juice, no dyes 1/2 c <br> Milk, 3/4 c | French Toast Sticks, 2 ea with Pure Maple Syrup 100\% Apple Juice, no dyes, $1 / 2$ c Milk, 3/4 c | Cheerio's Cereal, 1/3 c <br> Chilled Mixed Fruit, 1/2 c <br> Milk, 3/4 c | Blueberry Bread, 1 sl <br> Fresh Diced Melons, 1/2 c <br> Milk, 3/4 c | Cheddar Cheese Biscuit, 1 ea 100\% White Grape Juice, $1 / 2$ c Milk, 3/4 c |
|  | AM <br> Blueberry Bread, 1 sl Milk, $1 / 2$ c <br> PM <br> String Cheese, 1 ea <br> Diced Peaches in Juice, 1/2 c | AM <br> Graham Crackers, 2 ea Milk, 1/2 c <br> PM Ritz Crackers, 4 ea Freash Apple, 1/2 ea | AM <br> Whole Grain Bagel, $1 / 2$ ea with Grape Jelly Milk, 1/2 c <br> PM Cinnamon Elf Grahams, 1 pkt 00\% Strawberry Kiwi Juice, no dyes, 1/2 | AM <br> Whole Grain Honey Wheat Cheese Biscuit, 1 ea Milk, $1 / 2$ c <br> PM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea | AM <br> Mini Pretzels, 8 ea Milk, $1 / 2$ c <br> PM <br> Graham Crackers, 2 ea <br> Fresh Honeydew Melon, 1 sl |
| Cِتِ | Oven-Baked Chicken Breast Patty Sandwich, 1 ea on a Whole Wheat Hamburger Roll with Ketchup Sweet Tender Peas, 1/4 c All Natural Applesauce, $3 / 8 \mathrm{c}$ Milk, 3/4 c | Macaroni \& Cheese with Whole Grains, $1 / 2$ c 100\% Whole Grain Bread, $1 / 2$ sl Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Diced Melon Mix, 3/8 c Milk, 3/4 c <br> Toddlers Three-way Hot Mixed Veggies | Italian Beef \& Turkey Meatballs, 3 ea On a Sub Roll, $1 / 2$ ea with Shredded Mozzarella, $1 / 2$ oz Fresh Sautéed Green Beans, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c <br> Toddlers Diced Canteloupe | Mexican Nacho Fiesta, $1 / 4 \mathrm{c}$ with Shredded Cheddar Cheese, $1 / 2 \mathrm{oz}$ Corn Tortilla Chips, $1 / 4 \mathrm{c}$ Fresh Baby Carrots, $1 / 4 \mathrm{c}$ with Creamy Ranch Dip Diced Pears in Juice, $3 / 8 \mathrm{c}$ Milk, 3/4 c Toddlers Carrot Coins 100\% Whole Wheat Bread | Breakfast for Lunch! Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Turkey Sausage Links, 2 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c <br> Toddlers Mixed Fruit |
|  | Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup <br> Sweet Tender Peas, $1 / 4 \mathrm{c}$ <br> All Natural Applesauce, $3 / 8 \mathrm{c}$ Milk, 3/4 c | Macaroni \& Cheese with Whole Grains, 1/2 c 100\% Whole Grain Bread, $1 / 2$ sl Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Diced Melon Mix, $3 / 8 \mathrm{c}$ Milk, 3/4 c <br> Toddlers <br> Three-way Hot Mixed Veggies | Italian Vegetarian Meatball on a Sub Roll, $1 / 2$ ea <br> Fresh Sautéed Green Beans, 1/4c Fresh Cantaloupe, 1 sl Milk, 3/4 c <br> Toddlers Diced Canteloupe | Vegetarian Mexican <br> Nacho Fiesta, $1 / 4 \mathrm{c}$ <br> with Shredded Cheddar Cheese, $1 / 2 \mathrm{oz}$ <br> Corn Tortilla Chips, $1 / 4 \mathrm{c}$ <br> Fresh Baby Carrots with Ranch Dip $1 / 4 \mathrm{c}$ <br> Diced Pears in Juice, $3 / 8 \mathrm{c}$ <br> Milk, 3/4 c <br> Toddlers <br> Carrot Coins <br> 100\% Whole Grain Bread | $\qquad$ <br> Breakfast for Lunch! Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Veggie Sausage Patty, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c <br> Toddlers Mixed Fruit |
| 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. <br> 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). |  |  |  |  |  |

## BeanTree Learning

June 13-17, 2016

|  | 6/13 | 6/14 | 6/15 | 6/16 | 6/17 |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Ultra 100\% Whole Wheat Mini Blueberry Loaf, 1 ea <br> All Natural Applesauce, 1/2c Milk, 3/4 c | Whole Grain English Muffin, 1/2 ea with Grape Jelly 100\% White Grape Juice, 1/2 c Milk, 3/4 c | Whole Grain Honey Wheat Biscuit with cheese, 1 ea Chilled Diced Pears, 1/2 c Milk, 3/4 c | Cheerio's Cereal, $1 / 3 \mathrm{c}$ <br> 100\% Apple Juice, no dyes, 1/2 c <br> No Dyes <br> Milk, 3/4 c | Corn Chex Cereal (Gluten Free), 1/3 c <br> All Natural Applesauce, 1/2 c <br> Milk, 3/4 c |
|  | AM <br> Graham Crackers, 2 ea Milk, 1/2 c <br> PM <br> Multigrain Sunchips, 1/2 bag Mild Salsa, 1 oz <br> Toddlers Vanilla Yogurt | AM <br> Blueberry Bread, 1 sl Milk, 1/2 c <br> PM <br> String Cheese, 1 ea <br> Saltine Crackers, 4 ea | AM <br> Cheerios Cereal, $1 / 3 \mathrm{c}$ <br> Milk, 1/2 c <br> PM <br> Whole Grain Cheese Goldfish, 1 ea Fresh Banana, 1/2 ea | AM <br> Strawberry Yogurt, 1/2 c Graham Crackers, 2 ea <br> PM <br> Fresh Sliced Cucumbers, 1/2 c with Ranch Dip <br> Whole Grain Crackers, 2 pkts ea Toddlers Diced HoneyDew Melon | AM <br> Goldfish, 1/3 c <br> 100\% Orange Raspberry Juice, no dyes, 1/2 c <br> PM <br> Baby Carrots, $1 / 2$ c, with Ranch Dip Ritz Crackers, 4 ea Toddlers Cheddar Cheese Slice/Crackers |
| $\begin{aligned} & \text { Cِ } \\ & \frac{1}{3} \end{aligned}$ | Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c <br> Fresh Baby Carrots, 1/4 c <br> w/ Ranch Dip <br> Chilled Diced Pears, 3/8 c <br> Milk, 3/4 c <br> Toddlers <br> Carrot Coins | All Natural Beef Burger, $1 / 2$ ea on a Whole Wheat Roll, $1 / 2$ ea with Ketchup <br> Mashed Sweet Potatoes, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c | All Natural, Hormone-Free Chicken Fajita Strips, 1.5 oz 6" Whole Wheat Tortilla, 1 ea Low Fat Shredded Cheddar, 1/2 oz with Salsa and Sour Cream, 1 oz Sweet Yellow Corn, 1/4 c <br> Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c; Milk, 3/4 c Toddlers Green Beans/Melon Mix | All Natural Gluten-Free Chicken <br> Breast Chunks, 3 ea with Ketchup 100\% Whole Grain Bread, $1 / 2$ sl Scandinavian Blend Plus, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c <br> Toddlers Diced Pears in Juice | Whole Grain Penne Pasta in Italian Red Sauce with Soy Pieces <br> Smothered in Three Cheeses, 1/2 c Five-Way Hot Mixed Veggies, Including Corn, $1 / 4 \mathrm{c}$ 100\% Whole Grain Bread, $1 / 2$ sl Fresh Cantaloupe, 1 sl Milk, 3/4 c <br> Toddlers <br> Carrot Coins/Diced Cantaloupe |
|  | Veggie Egg Roll, 2 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots 1/4c with Ranch Dip <br> Chilled Diced Pears, 3/8 c Milk, 3/4 c <br> Toddlers Carrot Coins | Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup <br> Mashed Sweet Potatoes, 1/4 c Fresh Banana, 1/2 ea | Black Beans, 1/3 c <br> Low Fat Shredded Cheddar, 1/2 oz <br> 6" Whole Wheat Tortilla, 1 ea with Salsa and Sour Cream, 1 oz <br> Sweet Yellow Corn, 1/4 c <br> Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c; Milk, 3/4 c <br> Toddlers <br> Steamed Green Beans and Diced Fresh Melon Mix | Veggie Nuggets, 4 ea with Ketchup 100\% Whole Grain Bread, $1 / 2$ sl Scandinavian Blend Plus, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c <br> Toddlers Diced Pears in Juice | Whole Wheat Penne Pasta in Italian <br> Red Sauce with Soy Pieces <br> Smothered in Three Cheeses, 1/2 c <br> Five-Way Hot Mixed Veggies, 1/4c <br> 100\% Whole Grain Bread, $1 / 2$ sl <br> Fresh Cantaloupe, 1 sl Milk, 3/4 c <br> Toddlers <br> Carrot Coins/Diced Canteloupe |

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

## BeanTree Learning

June 20-24, 2016

|  | French Toast Sticks, 2 ea with Pure Maple Syrup <br> 100\% Apple Juice, no dyes, 1/2 c <br> Milk, 3/4 c | 6/21 | 6/22 | 6/23 | 6/24 |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Rice Chex Cereal (Gluten Free), 1/3 c <br> Fresh Apple, 1/2 ea <br> Milk, 3/4 c | Waffles with Pure Maple Syrup, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c | Krispie Rice Cereal, 1/3 c <br> Fresh Banana, 1/2 ea <br> Milk, 3/4 c | Ultra 100\% Whole Wheat Mini Blueberry Loaf, 1 ea Chilled Mixed Fruit, 1/2 c |
|  |  | Toddlers <br> All Natural Applesauce | Toddlers Diced Fresh Melon Mix |  |  |
|  | AM <br> Graham Crackers, 2 ea Milk, 1/2 c <br> PM <br> Cheez Its $1 / 3 \mathrm{c}$ <br> Fresh Honeydew Melon, 1 sl | AM <br> Whole Grain English Muffin 1/2 ea Grape Jelly Milk, 1/2 c <br> PM <br> Mini Pretzels, 8 ea <br> 100\% White Grape Juice, 1/2 c Toddlers Cheerios Cereal | AM <br> Corn Chex Cereal (Gluten Free), 1/3 c <br> Milk, 1/2 c <br> PM <br> Vanilla Yogurt, $1 / 2$ c <br> Vanilla Wafers, 4 ea | AM <br> Apple Slices, $1 / 2$ c <br> Natural Cheddar Cheese Slice, 1 ea <br> PM <br> Graham Crackers, 2 ea <br> 100\% Strawberry Kiwi, no dyes, 1/2 c <br> Toddlers <br> All Natural Applesauce | AM Cheerios Cereal, 1/3 c Milk, 1/2 c |
|  |  |  |  |  | PM <br> Goldfish, 1/3 c <br> Fresh Orange Wedges, 4 pcs <br> Toddlers <br> Diced Pears in Juice |
| $\begin{aligned} & \text { 들 } \\ & \end{aligned}$ | Macaroni \& Cheese with Whole Grains, $1 / 2$ c <br> Fresh Sautéed Green Beans, 1/4 c <br> Fresh Orange Wedges, 2 ea Milk, 3/4 c <br> Toddlers <br> Diced Pears in Juice | Pizza Pasta Bake with Ground Beef, Chicken \& Beef Pepperoni, Tomato Sauce, Whole Grain Pasta, $1 / 2 \mathrm{c}$ Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c <br> Toddlers Carrot Coins | All Natural Breaded Chicken Tenders, 2 ea Jasmine Rice with Vegetables, $1 / 4 \mathrm{c}$ Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Apple Slices, 3/8 c Milk, 3/4 c Toddlers 3-Way Hot Mixed Veggies All Natural Applesauce | Jennio Turkey Burger, 1 ea <br> Whole Wheat Hamburger Roll, 1 ea with Ketchup <br> Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c <br> Toddlers Mixed Fruit/Green Beans | All Natural Oven Roasted Turkey Breast, 1.5 oz <br> 100\% Whole Grain Bread, 1 sl Mayo on the Side <br> Mashed Sweet Potatoes, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c Milk, 3/4 c <br> Toddlers <br> Diced Fresh Melon Mix |
| c | Macaroni \& Cheese with Whole Grains, $1 / 2$ c <br> Fresh Sautéed Green Beans, 1/4 c <br> Fresh Orange Wedges, 2 ea Milk, 3/4 c <br> Toddlers <br> Diced Pears in Juice | Meatless Pizza Pasta Bake Chicken-Free Strips, Tomato Sauce, Pasta, Mozzarella, 1/2 c Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c <br> Toddlers Carrot Coins | Veggie Nuggets, 4 ea with Ketchup <br> Jasmine Rice with Vegetables, 1/4 c <br> Mixed Veggie Trio, 1/4 c <br> with Creamy Ranch Dip <br> Fresh Apple Slices, 3/8 c <br> Milk, 3/4 c <br> Toddlers <br> 3-Way Hot Mixed Veggies All Natural Applesauce | Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Mixed Fruit in Juice Green Beans | Cheese Sandwich on 100\% Whole Grain Bread, 1/2 ea; and Cheddar Cheese, 1.5 oz <br> Mayo on the Side <br> Mashed Sweet Potatoes, 1/4 c <br> Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c <br> Milk, 3/4 c <br> Toddlers <br> Diced Fresh Melon Mix |
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|  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). |  |  |  |  |  |

## BeanTree Learning

## June 27-30, 2016

|  | Whole Grain Bagel, 1/2 ea with Grape Jelly <br> 100\% Apple Juice, no dyes, 1/2 c <br> Milk, 3/4 c | Krispie Rice Cereal, 1/3 c <br> Fresh Orange Wedges, 4 ea <br> Milk, 3/4 c <br> Toddlers <br> Diced Peaches in Juice | $6 / 29$ Cheerio's Cereal, $1 / 3 \mathrm{c}$ 100\% Orange Raspberry Juice, $1 / 2 \mathrm{c}$ No Dyes Milk, 3/4 c | Whole Grain English Muffin, 1/2 ea with Grape Jelly <br> All Natural Applesauce, 1/2 c <br> Milk, 3/4 c |
| :---: | :---: | :---: | :---: | :---: |
|  | AM <br> French Toast Sticks, 2 ea with syrup; Milk, 1/2 c <br> PM <br> Multigrain Sunchips, 1/2 bag 100\% Strawberry Kiwi Juice, 1/2 c <br> Toddlers Vanilla Yogurt | AM <br> Blueberry Bread, 1sl Milk, 1/2 c <br> PM <br> Cinnamon Elf Grahams, 1 ea Fresh Cantaloupe, 1 sl <br> Toddlers Diced Canteloupe | AM <br> Strawberry Yogurt, 1/2 c <br> Fresh Banana, 1/2 ea <br> PM <br> Baby Carrots, $1 / 2 \mathrm{c}$, with Ranch Dip Ritz Crackers, 4 ea <br> Toddlers Cheddar Cheese Slice | AM <br> Corn Chex Cereal (Gluten Free), 1/3 c Milk, 1/2 c <br> PM <br> Whole Grain Cheese Goldfish, 1 pkt ea 100\% Orange Raspberry Juice, no dyes, 1/2c |
| $\begin{aligned} & \text { Cِ } \\ & \text { Cِ } \end{aligned}$ | Mini Cheese Ravioli with Whole Grains, 1/2 c Shredded Mozzarella, 1/2 oz Steamed Green Beans, 1/4 c Chilled Diced Pears, 3/8 c Milk, 3/4 c | Fiesta Chicken <br> All Natural, No Hormone Diced Chicken Breast, Salsa, Corn, Red Peppers, 1/3 c <br> Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c <br> With Creamy Ranch Dip; Granny Smith Apple Slices, $3 / 8$ c; Milk, 3/4 c <br> Toddlers <br> Carrot Coins/Applesauce | Country Salisbury Steak with Low Sodium Gravy, 1 ea Red Skin Mashed Potatoes, 1/4 c 100\% Whole Grain Bread, $1 / 2$ sl Scandinavian Veggie Blend, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c <br> Toddlers Diced Canteloupe | Whole Grain Spaghetti with Beef \& Turkey Marinara, 1/3 c $100 \%$ Whole Grain Bread, $1 / 2$ sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c <br> Fresh Banana, 1/2 ea Milk, 3/4 c <br> Toddlers Sweet Tender Peas |
|  | Mini Cheese Ravioli with Whole Grains, 1/2 c Shredded Mozzarella, 1/2 oz Steamed Green Beans, 1/4 c Chilled Diced Pears, 3/8 c Milk, 3/4 c | Vegetarian Refried Beans, 1/2c <br> Shredded Chedder Cheese, 1/2oz <br> Whole Grain Rice, $1 / 4$ c <br> Fresh Baby Carrots 1/4 c with Ranch Dip <br> Granny Smith Apples, 3/8 c Milk, 3/4 c <br> Toddlers <br> Carrot Coins/Applesauce | Veggie Black Bean Chili, 1/2 c 100\% Whole Grain Bread, $1 / 2$ sl Scandinavian Veggie Blend, 1/4 c <br> Fresh Cantaloupe, 1 sl Milk, 3/4 c <br> Toddlers Diced Canteloupe | Whole Grain Spaghetti with Marinara Sauce, 1/2 c <br> Low Fat Shredded Mozzarella, 1.5 oz <br> Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c <br> Toddlers Sweet Tender Peas |


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