

# BeanTree Learning

# October 1 - 5, 2018

	10/1	10/2	10/3	10/4	10/5
<b>Breakfast</b>	Whole Grain Blueberry Muffin, 1 ea  All Natural Applesauce, 1/2 c  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 Cheese Biscuit, 1 ea  Diced Pears in Juice, 1/2 c  Milk, 3/4 c	GF Cheerio's Cereal, 1 ea  100% Apple Juice, no dyes, 1/2 c  Milk, 3/4 c	GF Corn Chex Cereal, 1/3 c  All Natural Applesauce, 1/2 c  Milk, 3/4 c
<b>AM &amp; PM Snacks</b>	AM Graham Crackers, 2 ea Milk, 1/2 c  PM Multi Grain Sun Chips, 1/2 pkts Mild Salsa, 1 oz  <b>Toddlers</b> <b>Vanilla Yogurt</b>	AM Blueberry Bread, 1 ea Milk, 1/2 c  PM String Cheese, 1 ea Saltine Crackers, 4 ea	AM Cheerios Cereal, 1/3 c Milk, 1/2 c  PM Whole Grain Goldfish, 1 pkt Fresh Banana, 1/2 ea	AM Strawberry Yogurt, 1/2 c Graham Crackers, 2 ea  PM Fresh Sliced Cucumbers, 1/2 c with Ranch Dip Whole Grain Crackers, 2 pkts <b>Toddlers</b> <b>Diced HoneyDew Melon</b>	AM Goldfish, 1/3 c 100% Orange Raspberry Juice, no dyes, 1/2 c PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea  <b>Toddlers</b> <b>Cheddar Cheese Slice</b>
<b>Lunch</b>	Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Mixed Fruit, 3/8 c Milk, 3/4 c  <b>Toddlers</b> <b>Carrot Coins</b>	All Natural Beef Burger, 1/2 ea (1 ea Kind and Up) on a Whole Wheat Roll, 1 ea with Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c  <b>Toddlers</b> <b>Steamed Green Beans</b>	Turkey Corn Dog Nuggets, 4 ea with Ketchup Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c  <b>Toddlers</b> <b>Mandarin Oranges/Sweet Peas</b>	All Natural, Hormone-Free Chicken Fajita Strips, 1.5 oz 6" Whole Wheat Tortilla, 1 ea Shredded Cheddar, 1/2 oz Green Beans, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c  <b>Toddlers</b> <b>Applesauce</b>	Baked Ziti in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Whole Wheat Penne Pasta, 1/2 c Five-Way Hot Mixed Veggies, Italian Bread, 1 ea Fresh Cantaloupe, 1 sl Milk, 3/4 c  <b>Toddlers</b> <b>Carrot Coins/Diced Cantaloupe</b>
<b>Vegetarian Lunch</b>	Veggie Egg Roll, 2 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots 1/4 c with Ranch Dip Mixed Fruit, 3/8 c Milk, 3/4 c  <b>Toddlers</b> <b>Carrot Coins</b>	Morningstar Vegetarian Burger, 1 ea on a Hamburger Roll, 1 ea with Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c  <b>Toddlers</b> <b>Steamed Green Beans</b>	Veggie Nuggets, 4 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c  <b>Toddlers</b> <b>Mandarin Oranges/Sweet Peas</b>	Chickenless Fajita Strips, 1/3 c Shredded Cheddar, 1/2 oz 6" Whole Wheat Tortilla, 1 ea Green Beans, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c  <b>Toddlers</b> <b>Applesauce</b>	Meatless Baked Ziti in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Whole Wheat Penne Pasta, 1/2 c Five-Way Hot Mixed Veggies, 1/4c Italian Bread, 1 ea Fresh Cantaloupe, 1 sl Milk, 3/4 c  <b>Toddlers</b> <b>Carrot Coins/Diced Cantaloupe</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

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# BeanTree Learning

# October 8 - 12, 2018

	10/8	10/9	10/10	10/11	10/12
<b>Breakfast</b>	<b>Columbus Day</b> <b>BeanTree Learning Closed</b>	GF Rice Chex Cereal, 1/3 c Fresh Apple, 1/2 ea Milk, 3/4 c <b>Toddlers</b> <b>All Natural Applesauce</b>	Waffles with Pure Maple Syrup, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c <b>Toddlers</b> <b>Diced Fresh Melon Mix</b>	Krispie Rice Cereal, 1/3 c Fresh Banana, 1/2 ea Milk, 3/4 c	Whole Grain Blueberry Muffin, 1 ea Mixed Fruit, 1/2 c Milk, 3/4 c
<b>AM &amp; PM Snacks</b>		AM Graham Crackers, 2 ea Milk, 1/2 c PM Mini Pretzels, 8 ea 100% White Grape Juice, 1/2 c <b>Toddlers</b> <b>Cheerios Cereal</b>	AM GF Corn Chex Cereal, 1/3 c Milk, 1/2 c PM Vanilla Yogurt, 1/2 c Vanilla Wafers, 4 ea	AM Apple Slices, 1/2 c Natural Cheddar Cheese Slice, 1 ea PM Graham Crackers, 2 ea 100% Strawberry Kiwi, no dyes, 1/2 c <b>Toddlers</b> <b>All Natural Applesauce</b>	AM Cheerios Cereal, 1/3 c Milk, 1/2 c PM Goldfish, 1/3 c Fresh Orange Wedges, 4 pcs <b>Toddlers</b> <b>Diced Pears in Juice</b>
<b>Lunch</b>		Pizza Pasta Bake with Ground Beef, Chicken & Beef Pepperoni, Tomato Sauce, Whole Grain Pasta, 1/2 c Shredded Mozzarella, 1/2 oz Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c <b>Toddlers</b> <b>Carrot Coins</b>	Jennio Turkey Burger, 1 ea Whole Wheat Hamburger Roll, 1 ea with Ketchup Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 pcs Milk, 3/4 c <b>Toddlers</b> <b>Mandarin Oranges/Green Beans</b>	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c <b>Toddlers</b> <b>Applesauce/Mixed Veggies</b>	All Natural Oven Roasted Turkey Breast, 1.5 oz 100% Whole Grain Bread, 1 sl Mayo on the Side Fresh Sauteed Green Beans, 1/4 c Fresh Fruit Salad, 3/8 c Milk, 3/4 c <b>Toddlers</b> <b>Diced Fresh Melon Mix</b>
<b>Vegetarian Lunch</b>		Meatless Pizza Pasta Bake Morningstar Veggie Pizza Crumbles Tomato Sauce, Whole Grain Pasta, 1/2 c Shredded Mozzarella, 1/2 oz Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c <b>Toddlers</b> <b>Carrot Coins</b>	Morningstar Vegetarian Burger, with Vegetarian Broth, 1 ea on Whole Grain Bread, 1 ea Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 pcs Milk, 3/4 c <b>Toddlers</b> <b>Mandarin Oranges/Green Beans</b>	Vegetarian Black Bean Chili, 1/3 c Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c <b>Toddlers</b> <b>Applesauce/Mixed Veggies</b>	Cheese Sandwich on 100% Whole Grain Bread, 1/2 ea; and Cheddar Cheese, 1.5 oz Mayo on the Side Fresh Sauteed Green Beans, 1/4 c Fresh Fruit Salad, 3/8 c Milk, 3/4 c <b>Toddlers</b> <b>Diced Fresh Melon Mix</b>

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# BeanTree Learning

# October 15 - 19, 2018

	10/15	10/16	10/17	10/18	10/19
<b>Breakfast</b>	Whole Grain Bagel, 1/2 ea with Grape Jelly  100% Apple Juice, no dyes, 1/2 c  Milk, 3/4 c	Krispie Rice Cereal, 1/3 c  Fresh Orange Wedges, 4 ea  Milk, 3/4 c  <b>Toddlers Diced Peaches</b>	GF Cheerio's Cereal, 1 ea  100% Orange Raspberry Juice, No Dyes, 1/2 c Milk, 3/4 c	Whole Grain English Muffin, 1/2 ea with Grape Jelly  All Natural Applesauce, 1/2 c  Milk, 3/4 c	GF Corn Chex Cereal, 1/3 c  Fresh Banana, 1/2 ea  Milk, 3/4 c
<b>AM &amp; PM Snacks</b>	AM Whole Grain French Toast Sticks with Maple Syrup, 1 ea Milk, 1/2 c PM Multigrain Sunchips, 1/2 pkts 100% Strawberry Kiwi Juice, 1/2 c  <b>Toddlers Vanilla Yogurt</b>	AM Blueberry Bread, 1sl Milk, 1/2 c PM J&J Jungle Crackers, 1 pkt Fresh Cantaloupe, 1 sl  <b>Toddlers Diced Cantaloupe</b>	AM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea  <b>Toddlers Cheddar Cheese Slice</b>	AM GF Corn Chex Cereal, 1/3 c Milk, 1/2 c PM Whole Grain Cheese Goldfish, 1 pkt 100% Orange Raspberry Juice, no dyes, 1/2c  <b>Toddlers All Natural Applesauce</b>	AM Banana Bread, 1 sl Milk, 1/2 c PM Blueberry Lemon Crispy Bites, 1/2 pkt Fresh Apple, 1/2 ea  <b>Toddlers All Natural Applesauce</b>
<b>Lunch</b>	Chicken Slider on a Bun, 1 ea Shredded Cheddar Cheese, 1/2 oz w/ no HFC Ketchup Steamed Green Beans, 1/4 c Mixed Fruit in Juice, 3/8 c Milk, 3/4 c	GF Chicken Tenders, 3 ea with Ketchup Whole Grain Rice. 1/4 c Fresh Baby Carrots with Ranch dip, 1/4 c Fresh Apple, 3/8 ea Milk, 3/4 c  <b>Toddlers Carrot Coins/Applesauce</b>	Country Salisbury Steak with Low Sodium Gravy, 1 ea Mashed Potatoes, 1/4 c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl Milk, 3/4 c  <b>Toddlers Diced Canteloupe</b>	Whole Grain Spaghetti with Turkey & Beef Marinara, 1/2 c 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c  <b>Toddlers Sweet Tender Peas</b>	Boneless Chicken Wing Dings Chicken Breasts Chunks, 3 ea with Ketchup Wheat Dinner Roll, 1 ea Lettuce, Spinach & Lolla Russo Salad Creamy Ranch Dressing, 1/4 c Fresh Organges, 2 sl Milk, 3/4 c  <b>Toddlers Mix Veggies/Mandarin Oranges</b>
<b>Vegetarian Lunch</b>	Vegetarian Sausage Slider on a Roll, with Ketchup Shredded Cheddar Cheese, 1/2 oz Steamed Green Beans, 1/4 c Mixed Fruit in Juice, 3/8 c Milk, 3/4 c	Vegetarian Refried Beans, 1/2c Shredded Cheddar Cheese, 1/2oz Whole Grain Rice. 1/4 c Fresh Baby Carrots with Ranch dip, 1/4 c Fresh Apple Slices, 3/8 c Milk, 3/4 c  <b>Toddlers Carrot Coins/Applesauce</b>	Morningstar Vegetarian Burger, with Vegetarian Broth, 1 ea Whole Grain Bread, 1/2 sl Mashed Potatoes, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c  <b>Toddlers Diced Canteloupe</b>	Whole Grain Spaghetti with Marinara Sauce, 1/2 c Low Fat Shredded Mozzarella, 1.5 oz Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c  <b>Toddlers Sweet Tender Peas</b>	Vegetarian Meatballs, 2 ea With Vegetarian Gravy Wheat Dinner Roll, 1 ea Lettuce, Spinach & Lolla Russo Salad Creamy Ranch Dressing, 1/4 c Fresh Organges, 2 sl Milk, 3/4 c  <b>Toddlers Mix Veggies/Mandarin Oranges</b>

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# BeanTree Learning

# October 22 - 26, 2018

	10/22	10/23	10/24	10/25	10/26
<b>Breakfast</b>	Krispie Rice Cereal, 1/3 c 100% Strawberry Kiwi Juice, no dyes 1/2 c  Milk, 3/4 c	Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea 100% Apple Juice, no dyes 1/2 c  Milk, 1/2 c	GF Cheerio's Cereal, 1 ea  Chilled Mixed Fruit, 1/2 c  Milk, 3/4 c	Blueberry Bread, 1 sl  Fresh Diced Melons, 1/2 c  Milk, 3/4 c	Cheddar Cheese Whole Grain Honey Wheat Biscuit, 1 ea 100% White Grape Juice, 1/2 c  Milk, 3/4 c
<b>AM &amp; PM Snacks</b>	AM Blueberry Bread, 1sl Milk, 1/2 c  PM String Cheese, 1 ea Diced Peaches in Juice, 1/2 c	AM Graham Crackers, 2 ea Milk, 1/2 c  PM Ritz Crackers, 4 ea Fresh Apple, 1/2 ea <b>Toddlers</b> <b>All Natural Applesauce</b>	AM Whole Grain Bagel, 1/2 ea with Grape Jelly Milk, 1/2 c  PM J&J Jungle Crackers, 1 pkt 100% Strawberry Kiwi Juice, 1/2 c No Dyes	AM Whole Grain Honey Wheat Cheese Biscuit, 1 ea Milk, 1/2 c  PM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea	AM Mini Pretzels, 8 ea Milk, 1/2 c  PM Graham Crackers, 2 ea Fresh Honeydew Melon, 1 sl
<b>Lunch</b>	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 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 Banana, 1/2 ea Milk, 3/4 c  <b>Toddlers</b> <b>Three-way Hot Mixed Veggies</b>	Mexican Beef Nacho Fiesta, 1/4 c with Shredded Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Fresh Baby Carrots, 1/4 c with Creamy Ranch Dip Diced Pears in Juice, 3/8 c Milk, 3/4 c <b>Toddlers</b> <b>Carrot Coins</b> <b>100% Whole Wheat Bread</b>	Italian Beef Meatballs, 3 ea On a Sub Roll, 1/2 ea with Shredded Mozzarella, 1/2 oz Fresh Sautéed Green Beans, 1/4 c Fresh Apple Slices, 3/8 c Milk, 3/4 c  <b>Toddlers</b> <b>Applesauce</b>	Breakfast for Lunch! Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Chicken Sausage Patty, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c  <b>Toddlers</b> <b>Mandarin Oranges</b>
<b>Vegetarian Lunch</b>	Morningstar Vegetarian Burger, 1 ea on a Hamburger Roll, 1 ea with Ketchup Sweet Tender Peas, 1/4 c Applesauce, 3/8 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 Banana, Milk, 3/4 c  <b>Toddlers</b> <b>Three-way Hot Mixed Veggies</b>	Vegetarian Mexican Nachos Fiesta, 1/4 c with Shredded Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Fresh Baby Carrots with Ranch Dip 1/4 c Diced Pears in Juice, 3/8 c Milk, 3/4 c <b>Toddlers</b> <b>Carrot Coins</b> <b>100% Whole Grain Bread</b>	Italian Vegetarian Meatball on a Sub Roll, 1/2 ea Fresh Sautéed Green Beans, 1/4 c Fresh Apple Slices, 3/8 c Milk, 3/4 c  <b>Toddlers</b> <b>Applesauce</b>	Breakfast for Lunch! Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Veggie Sausage Patty, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c  <b>Toddlers</b> <b>Mandarin Oranges</b>

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# BeanTree Learning

# October 29 - 31, 2018

	10/29	10/30	10/31		
<b>Breakfast</b>	Whole Grain Blueberry Muffin, 1 ea  All Natural Applesauce, 1/2 c  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 Cheese Biscuit, 1 ea  Diced Pears in Juice, 1/2 c  Milk, 3/4 c		
<b>AM &amp; PM Snacks</b>	AM Graham Crackers, 2 ea Milk, 1/2 c  PM Multi Grain Sun Chips, 1/2 pkts Mild Salsa, 1 oz  <b>Toddlers Vanilla Yogurt</b>	AM Blueberry Bread, 1 ea Milk, 1/2 c  PM String Cheese, 1 ea Saltine Crackers, 4 ea	AM Cheerios Cereal, 1/3 c Milk, 1/2 c  PM Whole Grain Goldfish, 1 pkt Fresh Banana, 1/2 ea		
<b>Lunch</b>	Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Mixed Fruit, 3/8 c Milk, 3/4 c  <b>Toddlers Carrot Coins</b>	All Natural Beef Burger, 1/2 ea (1 ea Kind and Up) on a Whole Wheat Roll, 1 ea with Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c  <b>Toddlers Steamed Green Beans</b>	Turkey Corn Dog Nuggets, 4 ea with Ketchup Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c  <b>Toddlers Mandarin Oranges/Sweet Peas</b>		
<b>Vegetarian Lunch</b>	Veggie Egg Roll, 2 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots 1/4 c with Ranch Dip Mixed Fruit, 3/8 c Milk, 3/4 c  <b>Toddlers Carrot Coins</b>	Morningstar Vegetarian Burger, 1 ea on a Hamburger Roll, 1 ea with Ketchup Sweet Yellow Corn, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c  <b>Toddlers Steamed Green Beans</b>	Veggie Nuggets, 4 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c  <b>Toddlers Mandarin Oranges/Sweet Peas</b>		

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