

BeanTree Learning

December 3 - 7, 2018

	12/3	12/4	12/5	12/6	12/7
Breakfast	Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea 100% Apple Juice, no dyes 1/2 c Milk, 1/2 c	GF Rice Chex Cereal, 1/3 c Fresh Apple, 1/2 ea Milk, 3/4 c Toddlers All Natural Applesauce	Waffles with Pure Maple Syrup, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c Toddlers Diced Fresh Melon Mix	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
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c PM Cheez Its 1/3 c Mandarin Oranges, 1/2 c	AM Whole Grain English Muffin, 1/2 ea w/ Grape Jelly Milk, 1/2 c PM Mini Pretzels, 8 ea 100% White Grape Juice, 1/2 c Toddlers Cheerios Cereal	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 Toddlers All Natural Applesauce	AM Cheerios Cereal, 1/3 c Milk, 1/2 c PM Goldfish, 1/3 c Fresh Orange Wedges, 4 pcs Toddlers Diced Pears in Juice
Lunch	Beef Meatballs with Gravy, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip All Natural Applesauce Milk, 3/4 c Toddlers Sweet Peas	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 Toddlers Carrot Coins	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 Toddlers Mandarin Oranges/Green Beans	Cheeseburger Meatloaf, 1 ea Wheat Dinner Roll, 1 ea Sweet Yellow Corn, 1/4 c Fresh Apple, 3/8 c Milk, 3/4 c Toddlers Applesauce/Mixed Veggies	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 Toddlers Diced Fresh Melon Mix
Vegetarian Lunch	Vegetarian Meatballs, 2 ea with Vegetarian Gravy Whole Grain Penne Pasta with Butter, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip All Natural Applesauce Milk, 3/4 c Toddlers Sweet Peas	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 Toddlers Carrot Coins	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 Toddlers Mandarin Oranges/Green Beans	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 Toddlers Applesauce/Mixed Veggies	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 Toddlers Diced Fresh Melon Mix

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).

BeanTree Learning

December 10 - 14, 2018

	12/10	12/11	12/12	12/13	12/14
Breakfast	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 Toddlers Diced Peaches	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
AM & PM Snacks	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 Toddlers Vanilla Yogurt	AM Blueberry Bread, 1sl Milk, 1/2 c PM J&J Jungle Crackers, 1 pkt Fresh Cantaloupe, 1 sl Toddlers Diced Cantaloupe	AM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea Toddlers Cheddar Cheese Slice	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 Toddlers All Natural Applesauce	AM Banana Bread, 1 sl Milk, 1/2 c PM Blueberry Lemon Crispy Bites, 1/2 pkt Fresh Apple, 1/2 ea Toddlers All Natural Applesauce
Lunch	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 Toddlers Carrot Coins/Applesauce	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 Toddlers Diced Canteloupe	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 Toddlers Sweet Tender Peas	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 Toddlers Mix Veggies/Mandarin Oranges
Vegetarian Lunch	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 Toddlers Carrot Coins/Applesauce	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 Toddlers Diced Canteloupe	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 Toddlers Sweet Tender Peas	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 Toddlers Mix Veggies/Mandarin Oranges

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BeanTree Learning

December 17 - 21, 2018

	12/17	12/18	12/19	12/20	12/21
Breakfast	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
AM & PM Snacks	AM Blueberry Bread, 1sl Milk, 1/2 c PM String Cheese, 1 ea Mandarin Oranges, 1/2 c	AM Graham Crackers, 2 ea Milk, 1/2 c PM Ritz Crackers, 4 ea Fresh Apple, 1/2 ea Toddlers All Natural Applesauce	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
Lunch	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 Toddlers Three-way Hot Mixed Veggies	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 Toddlers Carrot Coins 100% Whole Wheat Bread	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 Toddlers Applesauce	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 Toddlers Mandarin Oranges
Vegetarian Lunch	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 Toddlers Three-way Hot Mixed Veggies	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 Toddlers Carrot Coins 100% Whole Grain Bread	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 Toddlers Applesauce	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 Toddlers Mandarin Oranges

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December 24 - 28, 2018

				12/27	12/28
Breakfast				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
AM & PM Snacks				AM Graham Crackers, 2 ea Milk, 3/4 c PM Fresh Sliced Cucumbers, 1/2 c with Ranch Dip Whole Grain Crackers, 2 pkts Toddlers Diced HoneyDew Melon	AM Fresh Zucchini Bread, 1 sl 100% Orange Raspberry Juice, no dyes, 1/2 c PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea Toddlers Cheddar Cheese Slice
Lunch				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 Toddlers Applesauce	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 Toddlers Carrot Coins/Diced Cantaloupe
Vegetarian Lunch				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 Toddlers Applesauce	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 Toddlers Carrot Coins/Diced Cantaloupe

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BeanTree Learning

December 31, 2018

		12/31			
Breakfast	Whole Grain Buttermilk Pancake with Maple Syrup, 1 ea 100% Apple Juice, no dyes 1/2 c Milk, 1/2 c				
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c				
Lunch	Beef Meatballs with Gravy, 3 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip All Natural Applesauce Milk, 3/4 c Toddlers Sweat Peas				
Vegetarian Lunch	Vegetarian Meatballs, 2 ea with Vegetarian Gravy Whole Grain Penne Pasta with Butter, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip All Natural Applesauce Milk, 3/4 c Toddlers Sweat Peas				

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