

Nutrition Byte Snack & Lunch Nutrition Guidelines

The USDA Guidelines for Lunch portions requirements for daycare & school age children vary from age to age! The following are the NSLP requirements.

Lunch Ages 1-2

- 1 oz Meat or meat alternative.
- 1/8 cup of vegetables
- 1/8 cup of fruit
- OR 1/4 cup of either
- 1/2 oz eq of grains!

Lunch Ages 3-5

- 1 1/2 oz Meat or meat alternative
- 1/4 cup of vegetables/starch
- 1/4 cup of fruit
- OR 1/2 cup of either
- 1/2 oz eq. of grains!

Grades K-8

- 1 1/2 – 2oz Meat or meat alternative
- 1/2 cup of vegetables/starch
- 1/2 cup of fruit
- OR 1 cup of either
- 1 oz eq. of grains!

Grades 9-12

- 2oz Meat or meat alternative
- 1 cup of vegetables/starch
- 1 cup of fruit
- OR 1 1/2 cup of either
- 2 oz eq. of grains!

Ambrosia & Fig believes that lunch is very important! That is why we always make sure we give the daily recommended amounts or higher. **Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetable, and 1.5 oz of whole grain.** We follow the CACFP found on usda.gov.

Have any questions? Reach out to ambrosiaandfig@gmail.com or (972) 972-8862 **** Deadlines****

Please Remember that all orders must be in The Friday , One month prior to new Month

Menu for April 2024 Guidepost Montessori

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
Penne & Meatballs (V) Penne & Marinara Non GMO Corn	Mesquite Grilled Chicken (V) Meatless Chicken Rice Carrots	Grilled Chicken Sandwich (V) Meatless Chicken French Fries	Chicken Provolone Wrap (V) Tofurkey Provolone Wrap Goldfish Orange	Pepperoni Pizza (V) Cheese Pizza Apple
Monday, April 8	Tuesday, April 9	Wednesday April 10	Thursday, April 11	Friday, April 12
Creamy Mushroom Alfredo Penne Pasta Organic Green Beans	Chicken Fried Rice Bowl (V) Protein Rice Bowl Broccoli	Salisbury Steak (V) Meatless Patty Mashed Potatoes Carrots	Turkey & Cheese Sandwich Triangle (V) Tofurkey & Cheese Triangle Chips Applesauce	Pepperoni Pizza (V) Cheese Pizza Corn
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
Cheese Ravioli Marinara Steamed Broccoli	Chicken Tenders (V) Veggie Tenders Buttered Carrots	Broiled Hamburger (V) Veggie Burger French Fries	Chicken Caesar Wrap (V) Caesar Salad Wrap Veggie Straws	Pepperoni Pizza (V) Cheese Pizza Applesauce
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
Beef Bolognese (V) Rigatoni & Marinara Organic Green Beans	Chicken Stir-fry Rice Bowl (V) Teppanyaki Vegetable Rice Bowl Stir-fry Vegetables	Crispy Chicken Sandwich (V) Meatless Chicken Corn	Sun Butter & Jelly Sandwich Triangle Orange String Cheese	Pepperoni Pizza (V) Cheese Pizza Creamy Pasta Salad
Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
5 Blend Mac & Cheese Organic Green Beans	Beef & Bean Burrito (V) Bean & Cheese Burrito Black Bean & Corn Medley	NEW!!! Substitute any hot meal day for a Hamburger or Veggie Burger	NEW!!! Substitute any cold meal day for a Bento	NEW!!! Substitute any cold meal day for a Bento

Big Kid Meals recommended for Kiddo's with a bigger appetite.

*** Our Corn Dogs have no added by-products, Hormones, or Steroids and contain 7 gr. Protein.**