

# April Menu Guidepost Montessori

## Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig recognizes the significance of a well-balanced lunch. We consistently provide snacks and lunches that meet or exceed daily recommended nutritional requirements. Our recipes are thoughtfully developed to maximize nutritional value.

Our commitment to healthy nutrition is reflected in our choice of ingredients. We utilize enriched or whole grains exclusively, prioritize fresh organic fruits and vegetables when available, and our meats are nitrates and nitrite free.

We offer **Allergy Free Meals!** With Ambrosia & Fig offers Gluten Free, Dairy Free, and Egg Free Meals

Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetable

Have any questions? Reach out to [lunch@ambrosiaandfig.com](mailto:lunch@ambrosiaandfig.com) or (469) 466-2002

**\*\* Deadlines\*\***

Please Remember all orders must be in on the 20th of each month, Including weekly orders



Monday	Tuesday	Wednesday April 1st	Thursday April 2nd	Friday April 3rd
	2 % or Whole Milk Served with every meal.	Cinnamon Raisin Bread & Milk  Angus Hamburger (G) Veggie Burger Baked French Fries Mandarin Apple & Milk	Carrot Muffin & Milk  Wow Butter & Jelly Sandwich (G) Apple Slices Cucumbers Farmers Mkt. Sweet Crackers & Milk	Banana & Milk  (G)(D) Cheese Pizza Carrots Ranch A & F Trail Mix & Milk
Monday, April 6th	Tuesday, April 7th	Wednesday, April 8th	Thursday, April 9th	Friday, April 10th
Blueberry Breakfast Belvita & Milk  Creamy Mac & Cheese (G)(D) Capri Vegetable Blend  Graham Crackers & Milk	Cheerios & 100% Juice (Berry) Chicken Tenders (G) Vegetarian Tenders (G) Carrots Mixed Fruit Wow Crackers	Yogurt & Granola Salisbury Steak (G) Plant Based Patty Mashed Potatoes Corn Mandarin & Milk	Banana Muffin & Milk Chicken Ranch Wrap (G)(E)(D) Tofurkey Wrap Veggie Straws Apple Slices Peaches & Milk	AMBROSIA CLOSED ANNUAL INSPECTION (Parents pack lunch) Not Charged
Monday, April 13 <sup>th</sup>	Tuesday, April 14 <sup>th</sup>	Wednesday, April 15 <sup>th</sup>	Thursday, April 16 <sup>th</sup>	Friday, April 17 <sup>th</sup>
Assorted Cereal & Milk Spaghetti & Meatballs (G) Spaghetti & Beyond Meatballs Chunky Tomato Marinara Tuscan Green Beans Goldfish & Milk	Granola Bar & Milk Chicken Sandwich (G) Gardein Mock Ckn Sandwich French Fries Carrots Cheese & Crackers	Cinnamon Raisin Bread & Milk Teriyaki Chicken Tofu Teriyaki Chicken Enriched Rice Broccoli Normandy Yogurt & Peaches	Breakfast Muffin & Milk Turkey & Spinach Sandwich (G)(E) Tofurkey Substitute Farmers Market Sweet Crackers S.F. Pudding & Milk	Cheerios, Blueberries & Milk (G)(D) Cheese Pizza Apple Slices Graham Crackers & Milk
Monday, April 20th	Tuesday, April 21st	Wednesday, April 22nd	Thursday, April 23rd	Friday, April 24th
Blueberry Breakfast Belvita & Milk (G)(D)(E) Cheese Tortellini/Butter Sauce & Peas Broccoli  Mandarin & Milk	Chex, Cranberries & Milk Chicken & Waffles (G)(E) Plant Based Chicken Warm Sliced Bananas Steamed Carrots  Wow Crackers	Apple & Milk Asian Meatballs Scratch Beyond Meatballs Enriched Rice California Vegetable Blend  Trail Mix & Milk	Zucchini Muffin & Milk Chicken & Cheese Sandwich w/ Romaine (G)(D)(E) Tofurkey Substitute Veggie Straws  Applesauce & Milk	Banana & Milk (G)(D) Cheese Pizza Mix Salad & Ranch Safari Snack Mix & Milk
Monday, April 27 <sup>th</sup>	Tuesday, April 28th	Wednesday, April 29th	Thursday, April 30th	Friday, May 1st
Assorted Cereal & Milk Penne Pasta w/ Meat Sauce (G) Pasta with Mushrooms Chunky Marinara Green Beans  Goldfish & Milk	Granola Bar & Milk Chicken Rice Bake (G)(D) Veggie Rice Bake Zucchini Yellow Squash  Cheese & Crackers	Bagel & Cream Cheese (G)(D) Cheese Quesadilla Mexi Corn Bean Medley  Peaches & Milk	Assorted Muffin & Milk  Chicken Wrap with Spinach (G)(E) Tofurkey Substitute Applesauce Banana & Milk	(G)(D) Cheese Pizza Mandarin Orange S.F Pudding & Milk

\* **NUT FREE** – NO ADDED SUGARS – NO HFCS – CACFP COMPLIANT