

August 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 ambrosiaandfig@gmail.com or (469) 466-2002

**** Deadlines*****
Please Remember all orders must be in on the 15th of each month, Including weekly orders



Monday, August 3 rd	Tuesday, August 4 th	Wednesday August 5 th	Thursday August 6 th	Friday August 7 th
Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Capri Vegetable Blend	Chicken Vegetable Stir-fry Mock Chicken Stir-fry Enriched Rice Steamed Broccoli	Grass Fed Chopped Steak Veggie Patty Parslied Egg Noodles Organic Corn	Ambrosia Ckn Salad/Cran (G)(E) Tofurky Salad/Cran Croissant Sliced Cucumbers	Pepperoni Pizza (G)(D) Cheese Pizza Mixed Salad & Ranch
Monday, August 10 th	Tuesday, August 11 th	Wednesday, August 12 th	Thursday, August 13 th	Friday, August 14 th
Ground Beef Meat Sauce & Penne Mushroom Sauce & Penne (G) Chunky Tomato Marinara Prince Edward Vegetables	Mesquite Grilled Chicken Vegetarian Protein Seasoned Rice Organic Carrots	Angus Burger w Bun (G) Veggie Patty Baked French Fries Broccoli	Turkey-Swiss- Arugula Sandwich(G)(E) Tofurkey & Spinach Sub Apple Slices	Pepperoni Pizza (G)(D) Cheese Pizza Cucumbers
Monday, August 17 th	Tuesday, August 18 th	Wednesday, August 19 th	Thursday, August 20 th	Friday, August 21 st
Baked Chicken & Vegetables Vegetarian Protein House made Spinach Spaghetti (G) Sicilian Culinary Vegetables	Chicken Parmesan Mock Chicken Parmesan Marinara & Mozzarella Italian Green beans	Grilled Chicken Nuggets Mock Chicken Organic Corn Scratch Mashed Potatoes	Chicken, Romain Caesar Sub (G)(E)(D) Tofu Caesar Salad Wrap Fresh local Watermelon	Pepperoni Pizza (G)(D) Cheese Pizza Org. Carrots/Ranch
Monday, August 24 th	Tuesday, August 25 th	Wednesday, August 26 th	Thursday, August 27 th	Friday, August 28 th
Italian Beef Lasagna(G)(D)(E) Vegetable Lasagna A & F Culinary Vegetables	Balsamic Glazed Chicken Balsamic Veggie Burger Green Beans Baked Apples	Grilled Ckn w/WG Bun (G) Mock Chicken (G) Organic Carrots Applesauce	Ckn Ranch Spinach Wrap(G)(D)(E) Tofurkey Ranch Spinach Wrap Orange Slices	Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices
Monday, August 31 st	Tuesday, September 1 st	Wednesday,	Thursday,	Friday,
Scratch Macaroni & Cheese (G)(D) Broccoli Mixed Fruit				2% or Whole Milk Served with every meal.

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