

August Menu Castle Pre-School

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 Farm Fresh Apple & Milk Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Capri Vegetable Blend Goldfish & Milk	Tuesday, August 4 th Fresh Mandarin & Milk Chicken Vegetable Stir-fry Mock Chicken Stir-fry Enriched Rice Steamed Broccoli Toasted Bagel & Cream Cheese	Wednesday August 5 th Scratch Pancake & Milk Grass Fed Chopped Steak Veggie Patty Parslied Egg Noodles Organic Corn Yogurt & Granola	Thursday August 6 th Scratch Banana Muffin & Milk Ambrosia Ckn Salad/Cran (G)(E) Tofurky Salad/Cran Croissant Sliced Cucumbers Cottage Cheese & WG Crackers	Friday August 7 th Fresh Pear & Milk Pepperoni Pizza (G)(D) Cheese Pizza Mixed Salad & Ranch Peaches & Milk
Monday, August 10 th WG Cheerios/Cranberry & Milk Ground Beef Meat Sauce & Penne Mushroom Sauce & Penne (G) Chunky Tomato Marinara Prince Edward Vegetables Mini Cheese Sliders	Tuesday, August 11 th Yogurt & Peaches Mesquite Grilled Chicken Vegetarian Protein Seasoned Rice Organic Carrots Rotisserie Ckn Tortilla Rollup	Wednesday, August 12 th Baked Waffles & Milk Angus Hamburger w/WG Bun (G) Veggie Patty Baked French Fries Broccoli Wow Butter Crackers	Thursday, August 13 th Scratch Assorted Muffin & Milk Turkey-Swiss- Arugula Sandwich(G)(E) Tofurkey & Spinach Sub Apple Slices Steamed Carrots & Milk	Friday, August 14 th Fresh Banana & Milk Pepperoni Pizza (G)(D) Cheese Pizza Cucumbers CACFP Corny Salsa & Tortilla
Monday, August 17 th WG Chex/Cranberry & Milk Baked Chicken & Vegetables Vegetarian Protein House made Spinach Spaghetti (G) Sicilian Culinary Vegetables Mandarin & Milk	Tuesday, August 18 th Fresh Banana & Milk Chicken Parmesan Mock Chicken Parmesan Marinara & Mozzarella Italian Green beans Cheddar & Crackers	Wednesday, August 19 th Toasted English Muffin & Milk Grilled Chicken Nuggets Mock Chicken Organic Corn Scratch Mashed Potatoes Hummus & Cucumber	Thursday, August 20 th Scratch Baked Peach Muffin & Milk Chicken, Romain Caesar Sub (G)(E)(D) Tofu Caesar Salad Wrap Fresh local Watermelon Soft Baked Pretzels & Cheese	Friday, August 21 st Farm Fresh Apple & Milk Pepperoni Pizza (G)(D) Cheese Pizza Org. Baby Carrots/Ranch CACFP Peach & Yogurt Smoothie
Monday, August 24 th Fresh Pear & Milk Italian Beef Lasagna (G)(D)(E) Vegetable Lasagna A & F Culinary Vegetables Baked Carrot Fries & Yogurt Dip	Tuesday, August 25 th Yogurt & Granola Balsamic Glazed Chicken Balsamic Veggie Burger Green Beans Baked Apples Rotisserie Ckn Tortilla Rollup	Wednesday, August 26 th Banana & Milk Grilled Ckn w/WG Bun (G) Mock Chicken (G) Organic Carrots Applesauce Wow Butter & Apple Slices	Thursday, August 27 th Scratch Cinn & Maple Muffin & Milk Ckn Ranch Spinach Wrap (G)(D)(E) Tofurkey Ranch Spinach Wrap Orange Slices Graham Crackers & Milk	Friday, August 28 th Cheerios/Blueberries & Milk Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices Mandarin & Milk
Monday, August 31 st Farm Fresh Apple & Milk Scratch Macaroni & Cheese (G)(D) Broccoli Mixed Fruit CACFP Carrot, Pineapple & Raisin Salad	Tuesday, September 1 st	Wednesday,	Thursday,	Friday,
				

% or Whole Milk
Served with every meal.

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