

August Menu Guidepost Montessori

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig believe that lunch is particularly important! Ambrosia & Fig always make sure we serve the daily recommended nutrition requirements or higher in all our Snacks & Lunches. Our recipes are made to ensure the maximum amount of nutrition.

We believe in healthy nutrition. We only use enriched or whole grains. Our food is never fried, and we substitute fresh organic fruits and vegetables when possible.

We are a nut-free facility, and we offer **Allergy Free Meals!** With Ambrosia & Fig you can feel confident that your child will be well taken care of. We offer Gluten Free, Dairy Free, and Egg Free Meals. We also offer Vegetarian meal options as well.

Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetable, and 1.5 oz of whole grain. We follow the CACFP requirements found on usda.gov.

Have any questions? Reach out to ambrosiaandfig@gmail.com or (469) 466-2002

** Deadlines**

Please Remember all orders must be in on the 20th of each month.



Monday	Tuesday	Wednesday	Thursday, July 31	Friday, August 1
	All Lunches Served with Milk Vegetarian Option in GREEN	Attention: <i>Ambrosia & Fig Offices will be closed August 4-8th. No late orders can be accepted after July 29th</i>		Pizza Delivery! (G)(D) Cheese Pizza Fruit Cup
Monday, August 4	Tuesday, August 5	Wednesday August 6	Thursday, August 7	Friday, August 8
Ambrosia & Fig Closed Parents pack Lunch	Ambrosia & Fig Closed Parents pack Lunch	School Closed	School Closed	School Closed
Monday, August 11	Tuesday, August 12	Wednesday, August 13	Thursday, August 14	Friday, August 15
Blueberry Belvita Breakfast & Milk Italian Meat Lasagna (G)(D)(E) Vegetable Lasagna (G)(D)(E) Tuscan Green Beans	Fresh Mandarin, Cereal & Milk Sweet Teriyaki Chicken Meatless Teriyaki Chicken Pineapple California Vegetables	Blueberry Vanilla Pancakes & Milk Cheese Quesadilla (D)(G) Black Beans Corn	Fresh Vanilla Cinnamon Muffin & Milk Herbed Turkey Monterey Spinach Wrap (G)(E)(D) Tofurkey Monterey Spinach Wrap (G)(E)(D) Apple Cinnamon Tidbits	Fresh Banana, Cereal & Milk Chicken & Rice Bake with Vegetables (G)(D) Vegetable Rice Bake Broccoli
Monday, August 18	Tuesday, August 19	Wednesday, August 20	Thursday, August 21	Friday, August 22
Cheerios, Blueberries & Milk Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Capri Vegetable Blend	Scratch Granola Bars, Fruit & Milk Chicken Al Pastor Tofu Al Pastor Borracho Beans Fiesta Corn	WG English Muffin, Berries & Milk Turkey Burger (G) Meatless Patty French Fries Carrot Coins	Fresh Baked Banana Muffin & Milk Deli Cold Cut Sandwich with Provolone & Romaine (G)(E)(D) Frozen Gogurt	Fresh Apple & Milk Pepperoni Pizza (G)(D) Cheese Pizza Applesauce
Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Thursday, August 29
Waffle, Berries & Milk Chicken Mushroom Alfredo (G)(D) Mushroom Alfredo Farfalle Pasta Broccoli	Cereal Medley/Cranberries & Milk Crispy Chicken Sandwich (G) Meatless Chicken Sandwich F F & Sweet Potato Medley Corn	Maple Cinnamon Pancakes & Milk Orange Chicken (G) Orange Vegetable Rice Bowl Vegetable Normandy	Fresh Baked Peach Muffin & Milk Chicken Ranch Wrap (G)(E) Tofurkey Ranch Wrap Cucumber Cantaloupe	Banana & Milk Meatballs Meatless Meatballs Chunky Tomato Marinara Organic Green Beans Roll