

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig believes that lunch is very important! Ambrosia & Fig always make sure we serve the daily recommended nutrition requirements or higher in all of 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 (972) 972-8862

**** Deadlines****

Please Remember all orders must be in On the 15th of each month.



August Menu Castle Pre-School

Monday	Tuesday	Wednesday	Thursday, August 1	Friday, August 2
ALL LUNCHES SERVED WITH MILK Vegetarian Option in GREEN	Snacks are in BLUE		School Closed	School Closed
Monday, August 5	Tuesday, August 6	Wednesday August 7	Thursday, August 8	Friday, August 9
Milk & Graham Crackers Cheese Ravioli Chunky V8 Marinara Broccoli Florets Wow Butter & Celery	Milk & Cheerios Breaded Chicken & Waffles Agave Maple Drizzle Meatless Chicken Baked Apples & Steamed Carrots Saltines & Cheddar Cheese	Milk & Mandarin Broiled Hamburger Enriched or WG Bun Ketchup Veggie Burger Baked French Fries & Corn Raisins & Chex Mix	Milk & Fresh Blueberry Muffin Rotisserie Chicken Caesar Wrap Romain & Enriched Tortilla Tofurkey Caesar Wrap Mandarin Orange Yogurt & Granola	Milk & Banana Pepperoni Pizza Cheese Pizza Tuscan Green Beans Cheese Rollups
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
Milk & Mix Chex Cereal Beef Bolognese Pasta Sauce Lean Ground Beef Enriched Penne Chunky Marinara & Protein Pasta California Blend Vegetables Crackers & String Cheese	Milk & Cantaloup Wedge Beef & Bean Burritos Beef & Cheese Burritos Steamed Corn Tomato Salsa Goldfish & Yogurt	Milk & Waffle Chicken Breast Nuggets Meatless Nuggets Baked Potato Tots Broccoli Cheese Croissant	Milk & Fresh Banana Muffin Sun Butter & Jelly Triangles Same Orange Celery Sticks Hummus & Pretzel Sticks	Milk & Assorted Bagels Pepperoni Pizza Cheese Pizza Chopped Lettuce & Tomato Salad Reduced Fat Ranch Saltines & Wow Butter
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
Milk & Banana Cheesaroni Shredded 5 Cheese Blend Enriched Elbow Macaroni Steamed Carrots & Buttered Peas Cheerios & Craisins	Milk & Sliced Peaches in Juice Sweet & Sour Rice Bowl Breaded Chicken Bites Sweet & Sour Tofu Brown Rice Medley Broccoli Florets & Pineapples Saltines & Cheddar	Banana Sushi Rollup Salisbury Steak / Brown Gravy Meatless Patty/ Brown Gravy Scratch Mashed Potatoes Organic Cut Green Beans Enriched or WG Roll Goldfish & Milk	Milk & Orange Cranberry Muffin Bistro Chicken Salad Wrap Shredded Chicken/Cranberries Enriched Tortilla Plant Based Chicken Salad Wrap Sliced Cucumbers Tortilla Chips & Tomato Salsa	Milk & English Muffin Pepperoni Pizza Cheese Pizza Buttered Carrots Cheese Rollup
Monday August 26	Tuesday August 27	Wednesday August 28	Thursday August 29	Friday August 30
Milk & Graham Crackers Italian Lasagna Vegetarian Lasagna Organic Green Beans Grapes Yogurt & Granola	Milk & Waffle Mesquite Grilled Chicken Grilled Plant Based Chicken Brown Rice w/Mixed Vegetables Broccoli Normandy Hummus & Cucumbers	Milk & Watermelon Wedge Cheese Quesadilla Burracha Beans Corn Tomato Salsa Multigrain Crackers & Colby	Milk & Fresh Zucchini Muffin Turkey & Cheese Croissant Mayonnaise Tofurkey & Cheese Croissant Baby Carrots Sliced Apples in Juice Raisins & Chex Mix	Milk & Banana Pepperoni Pizza Cheese Pizza Chopped Romain Salad Grape Tomatoes Reduced Fat Ranch Yogurt & Strawberry

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