

August Menu Carpe' Diem Private School

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



Monday	Tuesday	Wednesday	Thursday, July 31	Friday, August 1
	All Lunches Served with Milk Vegetarian Option in GREEN	Attention: Ambrosia & Fig Offices will be closed August 4-8th.		Pizza Delivery! (G)(D) Cheese Pizza Fruit Cup
Monday, August 4	Tuesday, August 5	Wednesday August 6	Thursday, August 7	Friday, August 8
5 Cheese Macaroni (G)(D) Prince Edward Vegetables	Grilled Chicken Caesar Salad Meatless Chicken Caesar Salad Motts No Sugar Added, Variety Applesauce	Savory Meatballs Roll(G) Meatless Meatballs Italian Style Green Beans	CLOSED	CLOSED
Monday, August 11	Tuesday, August 12	Wednesday, August 13	Thursday, August 14	Friday, August 15
Italian Meat Lasagna (G)(D)(E) Vegetable Lasagna (G)(D)(E) Tuscan Green Beans	Sweet Teriyaki Chicken Meatless Teriyaki Chicken Pineapple California Vegetables	Cheese Quesadilla (D)(G) Black Beans Corn	Herbed Turkey Monterey Spinach Wrap (G)(E)(D) Tofurkey Monterey Spinach Wrap (G)(E)(D) Apple Cinnamon Tidbits	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
Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Capri Vegetable Blend	Chicken Al Pastor Tofu Al Pastor Borracho Beans Fiesta Corn	Turkey Burger(G) Meatless Patty French Fries Carrot Coins	Deli Cold Cut Sandwich with Provolone & Romaine (G)(E)(D) Frozen Gogurt	Pepperoni Pizza(G)(D) Cheese Pizza Applesauce
Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Thursday, August 29
Chicken Mushroom Alfredo(G)(D) Mushroom Alfredo Farfalle Pasta Broccoli	Crispy Chicken Sandwich(G) Meatless Chicken Sandwich F F & Sweet Potato Medley Corn	Orange Cicken(G) Orange Vegetable Rice Bowl Vegetable Normandy	Chicken Ranch Wrap (G)(E) Tofurkey Ranch Wrap Cucumber Cantaloupe	Meatballs Meatless Meatballs Chunky Tomato Marinara Organic Green Beans Roll