

August Menu Castle Pre-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

** Deadlines**

Please Remember all orders must be in on the 15th 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>		SCHOOL CLOSED
Monday, August 4	Tuesday, August 5	Wednesday August 6	Thursday, August 7	Friday, August 8
Fresh Banana & Milk 5 Cheese Macaroni (G)(D) Prince Edward Vegetables Graham Crackers & Milk	Scratch Granola Bars & Milk Grilled Chicken Caesar Salad Meatless Chicken Caesar Salad Motts No Sugar Added, Variety Applesauce Hummus & Crackers	Fresh Apple & Milk Savory Meatballs Roll(G) Meatless Meatballs Italian Style Green Beans Frozen Yogurt & Milk	Fresh Baked Blueberry Muffin & Milk Turkey & Spinach Sub (G) Tofurkey & Spinach Sub(G) Veggie Straws Fruit Cocktail Goldfish & Milk	Fresh Mandarin & Milk Pizza Delivery! (G)(D) Cheese Pizza Applesauce Tortilla Cheese Rollup
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 Yogurt & Granola	Fresh Mandarin & Milk Sweet Teriyaki Chicken Meatless Teriyaki Chicken Pineapple California Vegetables Cheddar & Club Crackers	Blueberry Vanilla Pancakes & Milk Cheese Quesadilla (D)(G) Black Beans Corn Peaches & Milk	Fresh Vanilla Cinnamon Muffin & Milk Herbed Turkey Monterey Spinach Wrap (G)(E)(D) Tofurkey Monterey Spinach Wrap (G)(E)(D) Apple Cinnamon Tidbits A & F Trail Mix & Milk	Fresh Banana & Milk Chicken & Rice Bake with Vegetables (G)(D) Vegetable Rice Bake Broccoli Farmers Market Cookies & Milk
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 Graham Crackers & Milk	Scratch Granola Bars & Milk Chicken Al Pastor Tofu Al Pastor Borracho Beans Fiesta Corn Hummus & Flour Tortilla	WG English Muffin & Milk Turkey Burger(G) Meatless Patty French Fries Carrot Coins Yogurt & Peaches	Fresh Baked Banana Muffin & Milk Deli Cold Cut Sandwich with Provolone & Romaine (G)(E)(D) Frozen Gogurt Goldfish & Milk	Fresh Apple & Milk Pepperoni Pizza(G)(D) Cheese Pizza Applesauce Tortilla & Cheese Rollup
Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Thursday, August 29
Fresh Pear & Milk Chicken Mushroom Alfredo(G)(D) Mushroom Alfredo Farfalle Pasta Broccoli Fruit Yogurt & Granola	Cereal Medley/Cranberries & Milk Crispy Chicken Sandwich(G) Meatless Chicken Sandwich F F & Sweet Potato Medley Corn Wow Butter Crackers	Maple Cinnamon Pancakes & Milk Orange Chicken(G) Orange Vegetable Rice Bowl Vegetable Normandy Colby & Club Crackers	Fresh Baked Peach Muffin & Milk Chicken Ranch Wrap (G)(E) Tofurkey Ranch Wrap Cucumber Cantaloupe Applesauce & Milk	Banana & Milk Meatballs Meatless Meatballs Chunky Tomato Marinara Organic Green Beans Roll A & F Trail Mix & Milk