

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 (469) 466-2002

** Deadlines**

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



December Menu Castle Pre-School

Monday December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
<p>Milk & Graham Crackers Parmesan Bowtie Pasta/Chicken Parmesan Bowtie Pasta/Tofu Peas & Carrots</p> <p>Yogurt & Peaches</p>	<p>Milk & Apple Breaded Chicken & Waffles Agave Maple Drizzle Meatless Chicken Baked Apples & Steamed Carrots</p> <p>String Cheese & Crackers</p>	<p>Milk & Banana Beef & Bean Burrito Bean & Cheese Burrito Refried Beans Corn</p> <p>Saltines & Turkey</p>	<p>Milk & Fresh Carrot Muffin</p> <p>Deli Meat & Cheese Hoagie Fresh Veggie Hoagie Peaches & Cucumbers</p> <p>Milk & Goldfish</p>	<p>Milk & Mandarin Orange</p> <p>Scratch Pepperoni Pizza Cheese Pizza Broccoli</p> <p>Cheese Rollup</p>
Monday, December 9	Tuesday, December 10	Wednesday December 11	Thursday, December 12	Friday, December 13
<p>Milk & Belvita Blueberry Breakfast Biscuits</p> <p>Cheese Ravioli Chunky V8 Marinara Tuscan Green Beans</p> <p>Milk & Sugar Free Pudding</p>	<p>Milk & Apple</p> <p>Orange Chicken Rice Bowl Tofu Rice Bowl Broccoli, Carrots, Cauliflower</p> <p>Pretzel Sticks & Hummus</p>	<p>Milk & WG English Muffin</p> <p>Broiled Hamburger Veggie Burger Enriched or WG Bun French Fries & Corn</p> <p>Milk & Scratch Trail Mix</p>	<p>Milk & Fresh Zucchini Muffin</p> <p>Chicken & Vegetable Rice Bake Vegetable Rice Bake Steamed Carrots</p> <p>Yogurt & Granola</p>	<p>Milk & Banana</p> <p>Scratch Pepperoni Pizza Cheese Pizza Oranges</p> <p>Milk & Graham Crackers</p>
Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
<p>Milk & Scratch Cinnamon Raisin Bread Chicken Alfredo Mushroom Alfredo Enriched Penne Pasta Italian Vegetables</p> <p>Milk & Goldfish</p>	<p>Milk & Scratch Oatmeal Bars Chicken Rice Rice Bowl Plant Based "Chicken" Broccoli Normandy</p> <p>Cucumbers & Club Crackers</p>	<p>Milk, Chex, Blueberries Salisbury Steak/Brown Gravy Veggie Burger/Gravy Scratch Mashed Potatoes Organic Cut Green Beans</p> <p>Saltines & Turkey</p>	<p>Milk & Fresh Banana Muffin</p> <p>Chicken Caesar Wrap/Romaine Tofurkey Caesar Wrap/Romaine Applesauce</p> <p>Milk & Peaches</p>	<p>Milk & Apple</p> <p>Scratch Pepperoni Pizza Cheese Pizza Carrots</p> <p>Orange Jello & Fruit</p>
Monday, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27
<p>Milk & Scratch Mini Pancakes</p> <p>Turkey Bolognese Mushroom Bolognese Enriched Pasta Organic Cut Green Beans</p> <p>Yogurt & Granola</p>	<p>Milk & Mandarin</p> <p>Broiled Hamburger Veggie Burger Enriched or WG Bun French Fries & Corn</p> <p>String Cheese & Crackers</p>	School Closed	School Closed	<p>Milk & Cheerios</p> <p>Scratch Pepperoni Pizza Cheese Pizza Applesauce</p> <p>Wow Butter & Pretzel Sticks</p>
Monday December 30	Tuesday, December 31			
<p>Milk & Belvita Blueberry Breakfast Biscuits</p> <p>Cheese Ravioli Chunky V-8 Marinara Italian Vegetables</p> <p>Milk & Scratch Trail Mix</p>	<p>Milk & Banana</p> <p>Crispy Chicken Sandwich Plant Based Chicken Sandwich Enriched or WG Bun Potato Tots & Carrots</p> <p>Colby & Multi-Grain Crackers</p>		<p>We Follow the CACFP Recommended guidelines!</p>	<p>ALL LUNCHES SERVED WITH MILK</p> <p>Vegetarian Option in GREEN</p>