

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig believe that lunch is extremely 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. We substitute fresh organic fruits and vegetables whenever possible and use nitrate & nitrite free meats.

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, including weekly orders



December Menu Castle Pre-School

Monday, December 1	Tuesday, December 2	Wednesday, December 3	Thursday, December 4	Friday, December 5
Cereal Medley, Mixed Dried Fruit & Milk 5 Cheese Mac & Cheese (G)(D) Steamed Broccoli Applesauce Graham Crackers & Milk	Granola Bar & Milk Teriyaki Chicken Plant Based Chicken Seasoned Rice Asian Vegetables Turkey Roll & Crackers	WG Waffles & Milk Broiled Hamburger(G) Vegetable Burger Waffle Fries Butter Carrots S.F Pudding & Milk	Fresh Baked Banana Muffin & Milk Chicken Ranch Wrap (G)(D)(E) Tofurkey Ranch Wrap(G)(E)(D) Sliced Cucumbers Applesauce Mandarin & Milk	Fresh Apple & Milk Pepperoni Pizza (G)(D) Cheese Pizza Salad Mix Ranch Dressing Peaches & Milk
Monday, December 8	Tuesday, December 9	Wednesday December 10	Thursday, December 11	Friday, December 12
Cheerios, Blueberries & Milk Chicken Mushroom Alfredo(G)(D) Mushroom Alfredo (G)(D) Enriched Fettuccine Italian Green Beans A & F Trail Mix & Milk	Belvita Blueberry Bars & Milk Crispy Chicken Sandwich (G) Plant Based Sandwich French Fries Organic Corn Wow Crackers	Fresh Pancake & Milk Beef Meatball Marinara Vegetarian Burger Roll (G) Winter Vegetables Yogurt & Peaches	Fresh Baked Zucchini Muffin & Milk Rotisserie Chicken Sandwich with Romaine (G)(E) Tofurkey/Romaine Sandwich Veggie Straws Goldfish & Milk	Banana & Milk Pepperoni Pizza (G)(D) Cheese Pizza Applesauce Cheese Tortilla Roll-up
Monday, December 15	Tuesday, December 16	Wednesday, December 17	Thursday, December 18	Friday, December 19
Chex Cereal & Cranberries & Milk Beef Ravioli (D)(E)(G) Cheese Ravioli (D)(E)(G) Chunky Tomato Marinara Sicilian Vegetables Goldfish & Milk	Granola Bar & Milk Chicken & WG Waffles(G)(E) Plant Based Tenders Baked Apples Carrot Coins Cheddar Cheese & Crackers	Fresh Apple & Milk Chicken Fritters & Gravy (G)(D) Meatless Chicken Fritter Mashed Potatoes (D) Green Beans S.F Pudding & Milk	Fresh Baked Carrot Muffin & Milk Turkey, Spinach, Cheese Sub (G)(E)(D) Tofurkey, Spinach & Cheese Sub (G)(E)(D) Tropical Fruit Graham Crackers & Milk	Yogurt & Granola Pepperoni Pizza (G)(D) Cheese Pizza Orange Slices Hummus & Tortilla
Monday, December 22	Tuesday, December 23	Wednesday, December 24	Thursday, December 25	Friday, December 26
Belvita Blueberry Bars & Milk Turkey Tuscaroni (G) Macaroni Marinara (G) Tomatoes & Enriched Macaroni Tuscan Green Beans A & F Trail Mix & Milk	Cereal Medley, Mixed Dried Fruit & Milk Crispy Chicken Sandwich (G) Plant Based Sandwich French Fries Organic Corn Turkey Roll /Crackers	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS
Monday, December 29	Tuesday, December 30	Wednesday, December 31	Thursday	Thursday
Cheerios, Blueberries & Milk Italian Lasagna (G) Vegetable Lasagna (G) Italian Vegetable Blend Graham Crackers & Milk	Yogurt & Granola Chicken Al Pastor (G) Plant Based Al Pastor Enriched Rice Chuckwagon Corn Colby Cheese & Crackers	Fresh Pancakes & Milk Broiled Hamburger(G) Vegetable Burger Assorted French Fries Butter Broccoli Farmers Market Sweet Crackers & Milk		Ambrosia & Fig never uses added sugar in our recipes! Milk served with every meal