

February Menu Guidepost Montessori

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig recognizes the significance of a well-balanced lunch. We consistently provide snacks and lunches that meet or exceed daily recommended nutritional requirements. Our recipes are thoughtfully developed to maximize nutritional value.

Our commitment to healthy nutrition is reflected in our choice of ingredients. We utilize enriched or whole grains exclusively, prioritize fresh organic fruits and vegetables when available, and our meats are nitrates and nitrite free.

We offer **Allergy Free Meals!** With Ambrosia & Fig offers Gluten Free, Dairy Free, and Egg Free Meals

Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetable

Have any questions? Reach out to lunch@ambrosiaandfig.com or (469) 466-2002

** Deadlines**

Please Remember all orders must be in on the 15th of each month, Including weekly orders



Monday February 2 nd	Tuesday February 3 rd	Wednesday February 4 th	Thursday February 5 th	Friday February 6 th
Cheerios & Milk Spaghetti & Meat Sauce (G) Spaghetti & Chunky Marinara Tuscan Green Beans Goldfish & Milk	Granola Bar & Milk Crispy Chicken Sandwich(G) Plant Based Patty French Fries Carrots Soft Baked Pretzel & Cheese	Apple & Milk Birria Beef Tacos (G) Veggie Birria Tacos Pinto Beans Mexi Corn Cheddar & Crackers	Scratch Banana Muffin & Milk Turkey, Spinach Sub (G)(E) Tofurkey Substitute Peaches Mandarin & Milk	Yogurt & Granola Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices S.F Pudding & Milk
Monday, February 9 th	Tuesday, February 10 th	Wednesday, February 11 th	Thursday, February 12 th	Friday, February 13 th
Blueberry Belvita Bar & Milk Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Savory Carrots Graham Crackers & Milk	Chex Cereal, Cranberries & Milk Chicken Fried Rice & Vegetables (E) Vegetable Fried Rice (E) Broccoli Wow Crackers	Cinnamon Raisin Bread & Milk Hamburger Steak Gravy (G) Plant Based Patty Mac & Cheese Corn Yogurt & Peaches	Peach Breakfast Muffin & Milk Chicken Ranch Wrap (G)(D)(E) Tofurkey Ranch Wrap Applesauce Baby Carrots Banana & Milk	Pancake & Milk (G)(D) Cheese Pizza Delivery Mandarin Orange Safari Snack & Milk
Monday, February 16 th	Tuesday, February 17 th	Wednesday, February 18 th	Thursday, February 19 th	Friday, February 20 th
SCHOOL CLOSED	Belvita Breakfast Bar & Milk W.G Popcorn Chicken Plant Based Ckn Tots Corn Mandarin Orange Jello & Milk	Granola Bar & Milk Broiled Hamburger(G) Veggie Burger French Fries Butter Peas S.F Pudding & Milk	Scratch Carrot Muffin & Milk Turkey, Chicken, Swiss Sandwich w/ Romain (G)(E)(D) Tofurkey, Swiss, Veggie Sandwich Veggie Straws Peaches & Milk	Banana & Milk Pepperoni Pizza (G)(D) Cheese Pizza Mixed Salad Mix & Ranch Golffish & Milk
Monday, February 23 rd	Tuesday, February 24 th	Wednesday, February 25th	Thursday, February 26th	Friday, February 27th
Yogurt & Granola Creamy Chicken Alfredo (G)(D) Creamy Mushroom Alfredo Penne Pasta Peas & Carrots A & F Trail Mix & Milk	Cereal Medley, Raisins & Milk Teriyaki Chicken Rice Bowl Plant Based Rice Bowl Enriched Rice Broccoli Normandy Soft Baked Pretzel & Cheese	Cinnamon Raisin Bread & Milk Beef Stroganoff(G)(D) Mushroom Stroganoff (G)(D) Egg Noodles (E) Green Beans Yogurt & Peaches	Scratch Blueberry Muffin & Milk Ham & Cheese Sandwich (G)(D)(E) Tofurkey Substitute Cucumber Slices Applesauce Banana & Milk	Apple & Milk Pepperoni Pizza (G)(D) Cheese Pizza Orange Slices Graham Crackers & Milk
Monday, March 2nd	Tuesday, March 3rd	Wednesday, March 4th	Thursday, March 5 th	Friday, March 6th
			2 % or Whole Milk Served with every meal.	

* NUT FREE – NO ADDED SUGARS – NO HFCS – CACFP COMPLIANT