

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

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