

# February Menu Castle Pre-School

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

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