

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 20th of each month.



January Menu Guidepost Montessori

Monday	Tuesday	Wednesday, January 1	Thursday, January 2	Friday, January 3
	<u>BREAKFAST NOW AVAILABLE</u> <i>Vegetarian Option in GREEN</i> <i>Breakfast Option in BLUE</i>	CLOSED HOLIDAY	Cereal & Cinnamon Vanilla Peaches Breast Meat Chicken Nuggets <i>Meatless Nuggets</i> Potato Tots Corn	Waffle & Mandarin Orange Scratch Pepperoni Pizza <i>Cheese Pizza</i> Peas & Carrots
Monday, January 6	Tuesday, January 7	Wednesday January 8	Thursday, January 9	Friday, January 10
<i>Bagel & Fresh Banana</i> Chicken Orzo Pasta <i>Mushroom Orzo Pasta</i> Butter Broccoli	<i>Scratch Mini Pancakes & Peaches</i> Grilled Cheese Quesadilla <i>Same</i> Festive Corn Black Beans	<i>WG English Muffin & Berries</i> Meatball Marinara <i>Veggie Meatballs</i> Enriched Roll Tuscan Green Beans	<i>Fresh Assorted Muffin</i> Honey Roasted Turkey & Cheese <i>Tofurkey & Cheese Sandwich</i> Sliced Cucumbers	<i>Milk & Cheerios w Blueberries</i> Scratch Pepperoni Pizza <i>Cheese Pizza</i> Mandarin
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
<i>Milk & Scratch Oatmeal Bars & Fruit</i> 5 Cheese Macaroni <i>Same</i> Baked Apples Organic Green Beans	<i>Milk & WG Waffle & Fruit</i> Crispy Chicken Sandwich <i>Plant Based "Chicken"</i> Potato Tots Peaches	<i>Cereal & Fresh Apple</i> Broiled Hamburger <i>Veggie Burger</i> French Fries Mixed Vegetables	<i>Fresh Cinnamon Apple Muffin</i> Chicken Ranch Wrap <i>Tofurkey Ranch Wrap</i> Veggie Straws Applesauce	<i>Cheerios & Banana</i> Scratch Pepperoni Pizza <i>Cheese Pizza</i> Carrots
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
CLOSED HOLIDAY	<i>Blueberry Belvita Biscuits & Applesauce</i> Grilled Chicken <i>Plant Based Chicken</i> Seasoned Rice Peas & Carrots <i>String Cheese & Crackers</i>	<i>WG English Muffin & Fresh Grapes</i> Teriyaki Meatballs <i>Meatless Meatballs</i> Rice Stir Fry Vegetables	<i>Milk & Zucchini Muffin</i> Hearty Alphabet Soup w/ Turkey & Vegetables <i>Alphabet Veggie Soup</i> Roll Peaches	<i>Yogurt & Peaches</i> Scratch Pepperoni Pizza <i>Cheese Pizza</i> Apple
Monday January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
<i>Chex Mix & Fresh Apple</i> Turkey Bolognaise <i>Mushroom Bolognaise</i> Enriched Penne Pasta Italian Vegetables	<i>WG Waffle & Berries</i> Chicken Tenders <i>Plant Based Chicken Sandwich</i> Macaroni and Cheese Broccoli Normandy	<i>Scratch Mini Pancakes & Fruit</i> Broiled Hamburger <i>Veggie Burger</i> French Fries Carrots	<i>Milk & Fresh Carrot Muffin</i> Chicken Ranch Wrap <i>Tofurkey Ranch Wrap</i> Veggie Straws Applesauce	<i>Cereal & Banana</i> Scratch Pepperoni Pizza <i>Cheese Pizza</i> Organic Green Beans