

January 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 20th of each month, Including weekly orders



Monday	Tuesday	Wednesday	Thursday	Friday January 2
	2 % or Whole Milk Served with every meal.		SCHOOL CLOSED	Pepperoni Pizza (G)(D) Cheese Pizza Applesauce
Monday, January 5 th	Tuesday, January 6 th	Wednesday, January 7 th	Thursday, January 8 th	Friday, January 9 th
Buttered Farfalle (G)(D) Enriched Noodles, Parmesan & Mozz Prince Edward Vegetables Applesauce	Chicken Tenders (G)(D) Plant Based Tenders Mac – N - Cheese Green Beans	Savory Meatballs (G)(E) Plant Based Meatballs Egg Noodles Broccoli	Ckn, Swiss, Romain Spinach Wrap (G)(D)(E) Tofurkey Substitute Veggie Straws	Pepperoni Pizza (G)(D) Cheese Pizza Orange
Monday, January 12 th	Tuesday, January 13 th	Wednesday, January 14 th	Thursday, January 15 th	Friday, January 16 th
Penne Rigate & Meat Sauce (G) Penne Rigate & Chunky Marinara Sicilian Vegetables	BBQ Chicken Plant Based BBQ Ckn Garden Blend Rice Fire Roasted Sweet Corn	Ckn Fried Steak (G)(D) Plant Based Protein Mashed Potatoes Green Beans	Bistro Ckn Salad Croissant w/ Cranberries (G)(E) Veg Bistro Croissant Applesauce	Pepperoni Pizza (G)(D) Cheese Pizza Mixed Salad Mix & Ranch
Monday, January 19 th	Tuesday, January 20 th	Wednesday, January 21 st	Thursday, January 22 nd	Friday, January 23 rd
SCHOOL CLOSED	Mesquite Grill Chicken Plant Based BBQ Ckn Seasoned Rice Rainbow Carrots	Beef & Bean Burrito (G) Bean & Cheese Burrito (G)(D) Borracho Beans Tex Corn Blend	Turkey, Spin, Cheese Sandwich (G)(D)(E) Tofurkey Substitute Cucumber Slices	Pepperoni Pizza (G)(D) Cheese Pizza Mixed Fruit
Monday, January 26 th	Tuesday, January 27 th	Wednesday, January 28 th	Thursday, January 29 th	Friday, January 30 th
Fun Shapes Toddler Pasta (G) Ckn, Shredded Carrots, English Peas & Plant Based Butter Capri Vegetable Blend	WG Chicken Nuggets (G) Plant Based Nuggets Sweet Potato Fries Peas & Carrots	Hamburger (G) Veggie Burger French Fries Apple Slices	Ckn, Caesar Wrap W/ Romain (G)(D)(E) Tofurkey Substitute Veggie Straws	Pepperoni Pizza (G)(D) Cheese Pizza Mixed Salad Mix & Ranch

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