

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

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