

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 15th of each month.



January Menu Castle Pre-School

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