

July 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 15th of each month, Including weekly orders



Monday	Tuesday	Wednesday July 1st	Thursday July 2 nd	Friday July 3 rd
	% or Whole Milk Served with every meal.	Salisbury Steak & Gravy (G) Veggie Patty & Gravy (G) Mashed Potatoes Rainbow Carrots Milk	Chicken Ranch Wrap (G)(E)(D) Tofurky Ranch Wrap Mini Baby Bell Apple Sauce Milk	CLOSED
Monday, July 6th	Tuesday, July 7th	Wednesday, July 8th	Thursday, July 9th	Friday, July 10th
Cheese Manicotti (G)(D)(E) Chunky Tomato Marinara Italian Vegetable Blend Milk	Sliced Turkey & Gravy (G) Vegetarian Protein Carrots Apples Milk	Hamburger w/WG Bun (G) Veggie Patty French Fries Broccoli Milk	Turkey-Swiss- Spinach Sub (G)(E) Tofurkey & Spinach Sub Mandarin Orange Milk	Pepperoni Pizza (G)(D) Cheese Pizza Salad & Ranch Milk
Monday, July 13 th	Tuesday, July 14 th	Wednesday, July 15 th	Thursday, July 16 th	Friday, July 17 th
Beef Meatballs Vegetarian Meatballs Fresh Spaghetti Pasta (G) Green Beans Milk	Fajita Chicken Bowl Mock Chicken Bowl Enriched Rice Roasted Corn Milk	Chicken & Waffles (G) Mock Chicken Carrots Baked Fruit Milk	Chicken Caesar Wrap (G)(E)(D) Caesar Salad Wrap Romain Apple Slices Milk	Pepperoni Pizza (G)(D) Cheese Pizza Cucumber Slices & Ranch Milk
Monday, July 20 th	Tuesday, July 21 st	Wednesday, July 22 nd	Thursday, July 23 rd	Friday, July 24 th
Cheese Tortellini (G)(D)(E) Chunky Tomato Marinara Culinary Vegetables Milk	Chicken Sandwich WG Bun (G) Veggie Burger Carrots Applesauce Milk	Cheese Quesadilla (G)(D) Bean Medley Mexi Corn Milk	Turkey Croissant w Spring Mix (G)(D)(E) Tofurkey w Spring Mix Croissant Pineapple Tidbits Milk	Delivery (G)(D) Cheese Pizza Peaches Milk
Monday, July 27 th	Tuesday, July 28 th	Wednesday, July 29 th	Thursday, July 30 th	Friday, July 31 st
Meatball Marinara ½ Roll (G) Plant Based Marinara Green Beans Milk	Teriyaki Chicken Teriyaki Plant Protein Japanese Vegetables Pineapple Milk	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED

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