

# July Menu Castle Pre-School

## 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.



Monday, July 2	Tuesday, July 1	Wednesday, July 2	Thursday, July 3	Friday, July 4
	<b>Mandarin &amp; Milk</b> Oven Roasted Turkey Meatless Turkey Steamed Broccoli Baked Apples <b>Wow Butter Crackers</b>	<b>WG Waffle &amp; Milk</b> Savory Meatballs Meatless Meatballs Whipped Potatoes(D) Seasoned Green Beans <b>Yogurt &amp; Granola</b>	<b>Fresh Baked Zucchini Muffin &amp; Milk</b> Turkey, Arugula & Monterey Spinach Wrap(G)(D)(E) Tofurkey Monterey Cheese (G)(D)(E) Applesauce <b>Graham Crackers &amp; Milk</b>	<b>CLOSED</b>
Monday, July 7	Tuesday, July 8	Wednesday, July 9	Thursday, July 10	Friday, July 11
<b>Fresh Banana &amp; Milk</b> Beef Ravioli (G)(D)(E) Chunky Tomato Marinara Tuscan Green Beans <b>SF Jello Pudding &amp; Milk</b>	<b>Scratch Granola Bars &amp; Milk</b> Tuscan Chicken Breast Meatless Tuscan Chicken Key of Biscayne Vegetable Seasoned Rice <b>Cheddar &amp; Club Crackers</b>	<b>WG English Muffin &amp; Milk</b> Chicken Parmesan (G)(D) Mozzarella/Marinara Meatless Parmesan Malibu Culinary Vegetables <b>Sun Butter &amp; Jelly Fold Over</b>	<b>Fresh Baked Carrot Muffin &amp; Milk</b> Deli Meat Sub/Fresh Vegetables (G)(E) Tofurkey/ Veggie Croissant (G)(E) Peaches <b>Farmers Market Crackers &amp; Milk</b>	<b>Fresh Mandarin &amp; Milk</b> Pepperoni Pizza (G)(D) Cheese Pizza Applesauce <b>Yogurt &amp; Peaches</b>
Monday, July 14	Tuesday, July 15	Wednesday, July 16	Thursday, July 17	Friday, July 18
<b>Blueberry Belvita Breakfast &amp; Milk</b> 5 Cheese Macaroni (G)(D) House Blend Vegetables Peas & Carrots <b>Graham Crackers &amp; Milk</b>	<b>Fresh Apple &amp; Milk</b> Chicken Nuggets (G) Meatless Nuggets Corn French Fry Medley <b>Mandarin Fruit Jello</b>	<b>WG Waffle &amp; Milk</b> Beef Brisket Sliders(G) Veggie Burger Chuck Wagon Corn Steak Fries <b>Peaches &amp; Milk</b>	<b>Fresh Lemon Poppy Muffin &amp; Milk</b> Ambrosia Ckn Salad Croissant & Cranberries (G)(E) Tofu Salad Croissant (G)(E) Cucumbers <b>Goldfish &amp; Milk</b>	<b>Fresh Banana &amp; Milk</b> Pepperoni Pizza (G)(D) Cheese Pizza Pears <b>Wow Butter Crackers</b>
Monday, July 21	Tuesday, July 22	Wednesday, July 23	Thursday, July 24	Friday, July 25
<b>Cheerios, Blueberries &amp; Milk</b> Tuscanoni-Ground Beef (G) Tomatoes Tomatoroni (G) WG Macaroni Sicilian Vegetables <b>Sugar Free Jello &amp; Milk</b>	<b>Scratch Granola Bars &amp; Milk</b> Chicken Tiki Masala(D) Tofu Tiki Masala (D) Jasmine Rice Breaded Okra (G) <b>Turkey Roll &amp; Ritz</b>	<b>Vanilla Pancakes &amp; Milk</b> Chicken & Waffles(G) Meatless Tenders Baked Pears Carrot Coins <b>Yogurt &amp; Peaches</b>	<b>Fresh Baked Assorted Muffin &amp; Milk</b> Chicken Caesar Romain Spinach Wrap (G)(E)(D) Mandarin Orange <b>Scratch Trail Mix &amp; Milk</b>	<b>Fresh Apple &amp; Milk</b> Pepperoni Pizza(G)(D) Cheese Pizza Pineapple Tidbits <b>S F Jello Pudding &amp; Milk</b>
Monday, July 28	Tuesday, July 29	Wednesday, July 30	Thursday, July 31	
<b>Blueberry Belvita Breakfast &amp; Milk</b> Cheese Ravioli(G)(D)(E) Chunky Tomato Marinara Italian Cut Green Beans <b>Farmers Market Crackers &amp; Milk</b>	<b>Chex &amp; Cranberries &amp; Milk</b> Chicken Fried Rice(E) Vegetable Fried Rice Japanese Vegetables Broccoli <b>Sun Butter &amp; Jelly Fold Over</b>	<b>Fresh Baked Raisin Bread &amp; Milk</b> Beef & Bean Burrito(G) Bean & Cheese Burrito (G) (D) Ranchero Fiesta Vegetable Corn <b>Cheddar &amp; Club Crackers</b>	<b>Fresh Baked Banana Muffin &amp; Milk</b> Rotisserie Chicken Sandwich with Lettuce Blend (G)(E) Tofurkey Sandwich with Lettuce Peaches <b>Applesauce &amp; Milk</b>	<b>All Lunches Served with Milk</b> Vegetarian Option in GREEN