

# July Menu Guidepost Montessori

## 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 20th of each month.



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