

# June Menu Guidepost Pre-School

## 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](mailto: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 June 1 <sup>st</sup>	Tuesday June 2 <sup>nd</sup>	Wednesday June 3 <sup>rd</sup>	Thursday June 4 <sup>th</sup>	Friday June 5 <sup>th</sup>
<b>Enriched Penne Pasta (G)</b> <b>Chunky Tomato Marinara</b> Grass Fed Ground Beef Sicilian Vegetables	<b>Chicken Teriyaki Rice Bowl</b> <b>Plant Based Chicken</b> Carrots, Broccoli, Cauliflower Enriched Rice	<b>Sesame Ginger Chicken</b> Lo mein with Vegetables <b>Lo mein with Vegetables(G)</b> Peas & Carrots	<b>Turkey &amp; Cheese Wrap (G)(E)(D)</b> With Spring Mix <b>Cheese Wrap w/ Spring Mix</b> Apple Sauce	<b>Pepperoni Pizza (G)(D)</b> <b>Cheese Pizza</b> Salad w Ranch
Monday, June 8 <sup>th</sup>	Tuesday, June 9 <sup>th</sup>	Wednesday, June 10 <sup>th</sup>	Thursday, June 11 <sup>th</sup>	Friday, June 12 <sup>th</sup>
<b>Cheese Tortellini (G)(D)(E)</b> Chunky Tomato Marinara Culinary Vegetable Blend	<b>Breaded Chicken Tenders(G)</b> <b>Vegetarian Tenders</b> Fire Roasted Corn Carrots	<b>Meatloaf</b> <b>Veggie Patty</b> Mashed Potatoes Green Beans	<b>Chicken &amp; Spinach Sub (G)(E)</b> <b>Tofurkey &amp; Spinach Sub</b> Apple Slices	<b>Pepperoni Pizza (G)(D)</b> <b>Cheese Pizza</b> Cantaloupe
Monday, June 15 <sup>th</sup>	Tuesday, June 16 <sup>th</sup>	Wednesday, June 17 <sup>th</sup>	Thursday, June 18 <sup>th</sup>	Friday, June 19 <sup>th</sup>
<b>Chicken Alfredo (G)(D)</b> <b>Mushroom Alfredo</b> Enriched Bowtie Pasta Green Beans	<b>Tomato Soup</b> <b>Cheese Sandwich(G)</b> Apricots	<b>Broiled Angus Burgers(G)</b> WG Bun <b>Veggie Burger</b> French Fries Applesauce	<b>Ham &amp; Swiss Sandwich (G)(E)(D)</b> <b>Tofurkey Substitute</b> Veggie Straws Mixed Fruit	CLOSED
Monday, June 22 <sup>nd</sup>	Tuesday, June 23 <sup>rd</sup>	Wednesday, June 24 <sup>th</sup>	Thursday, June 25 <sup>th</sup>	Friday, June 26 <sup>th</sup>
<b>5 Blend Mac &amp; Cheese (G)(D)</b> Capri Vegetable Blend Organic Corn	<b>Turkey Sloppy Joe w/Chunky Tomato</b> <b>Plant Based Sloppy Joe</b> W.G Bun Broccoli	<b>Meatball Stroganoff(G)(D)(E)</b> <b>Vegetarian Meatballs</b> Egg Noodles Carrots	<b>Turkey Bentos (G)</b> <b>Hummus Bento</b> Fresh Fruit, Fresh Vegetables Crackers	<b>Pepperoni Pizza (G)(D)</b> <b>Cheese Pizza</b> Cucumber Slices
Monday, June 29 <sup>th</sup>	Tuesday, June 30 <sup>th</sup>	Wednesday	Thursday	Friday
<b>Chicken &amp; Vegetables</b> <b>Cavatappi Pasti (G)</b> <b>Vegetable Blend</b> Green Beans	<b>Crispy Chicken Sandwich (G)</b> <b>Plant Based Ckn Sandwich</b> French Fries Apple Slices	2 % or Whole Milk Served with every meal.	<b>Have an emergency and need a quick daily lunch?</b>  <b>No Problem, just order by 8pm the night before.</b>	

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