

# June Menu Castle 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>
Assorted Cereal & Milk Enriched Penne Pasta (G) Chunky Tomato Marinara Grass Fed Ground Beef Sicilian Vegetables Graham Crackers & Milk	Banana & Milk Chicken Teriyaki Rice Bowl Plant Based Chicken Carrots, Broccoli, Cauliflower Enriched Rice Cheese & Crackers	W.G Waffle & Milk Sesame Ginger Chicken Lo mein with Vegetables(G) Peas & Carrots Tropical Fruit	Zucchini Muffin & Milk Turkey & Cheese Wrap (G)(E)(D) With Spring Mix Cheese Wrap w/ Spring Mix Apple Sauce Goldfish & Milk	Pancake & Milk Pepperoni Pizza (G)(D) Cheese Pizza Salad w Ranch Pineapple Tidbits & Milk
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>
Granola Bar & Milk Cheese Tortellini (G)(D)(E) Chunky Tomato Marinara Culinary Vegetable Blend Mandarin & Milk	Yogurt & Granola Breaded Chicken Tenders(G) Vegetarian Tenders Fire Roasted Corn Carrots Wow Jelly Fold-over	English Muffin & Milk Meatloaf Veggie Patty Mashed Potatoes Green Beans Peaches & Milk	Peach Muffin & Milk Chicken & Spinach Sub (G)(E) Tofurkey & Spinach Sub Apple Slices Graham Crackers & Milk	Cheerios, Blueberry & Milk Pepperoni Pizza (G)(D) Cheese Pizza Cantaloupe Farmers Market Crackers & Milk
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>
Chex, Cranberry & Milk Chicken Alfredo (G)(D) Mushroom Alfredo Enriched Bowtie Pasta Green Beans Goldfish & Milk	Banana & Milk Tomato Soup Cheese Sandwich(G) Apricots Cheese & Crackers	W.G Waffle & Milk Broiled Angus Burgers(G) WG Bun Veggie Burger French Fries Applesauce Yogurt & Peaches	Vanilla Muffin & Milk Ham & Swiss Sandwich (G)(E)(D) Tofurkey Substitute Veggie Straws Mixed Fruit Apple & Milk	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>
Granola Bar & Milk 5 Blend Mac & Cheese (G)(D) Capri Vegetables Organic Corn Mandarin & Milk	Yogurt & Granola Turkey Sloppy Joe w/Chunky Tomato Plant Based Sloppy Joe W.G Bun Broccoli Cheese Tortilla Rollup	Cinn Raisin Bread & Milk Meatball Stroganoff(G)(D)(E) Vegetarian Meatballs Egg Noodles Carrots S.F Pudding & Milk	Apricot Muffin & Milk Turkey Bentos (G) Hummus Bento Fresh Fruit, Fresh Vegetables Crackers Goldfish & Milk	Cheerios, Blueberry & Milk Pepperoni Pizza (G)(D) Cheese Pizza Cucumber Slices Apple & Milk
Monday, June 29 <sup>th</sup>	Tuesday, June 30 <sup>th</sup>	Wednesday	Thursday	Friday
Blueberry Belvita & Milk Chicken & Vegetables Cavatappi Pasti (G) Vegetable Blend Green Beans A & F Trail Mix & Milk	Banana & Milk Crispy Chicken Sandwich (G) Plant Based Ckn Sandwich French Fries Apple Slices Safari Snack Mix & Milk	2 % or Whole Milk Served with every meal.		

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