

## March 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](mailto:lunch@ambrosiaandfig.com) or (469) 466-2002

**\*\* Deadlines\*\***

Please Remember all orders must be in on the 20th of each month, Including weekly orders



Monday March 2 <sup>nd</sup>	Tuesday March 3 <sup>rd</sup>	Wednesday March 4 <sup>th</sup>	Thursday March 5 <sup>th</sup>	Friday March 6 <sup>th</sup>
<b>Beef Bolognese (G)</b> <b>Mushroom Bolognese</b> <b>Enriched Penne Pasta</b> <b>Italian Vegetable Blend</b>	<b>Chicken &amp; Waffles(G)(E)</b> <b>Plant Based Chicken</b> <b>Baked Apples</b> <b>Steamed Carrots</b>	<b>Chicken Udon Stirfry(G)</b> <b>Veggie Udon Stirfry</b> <b>Japanese Vegetables</b> <b>Broccoli</b>	<b>Chicken &amp; Spring Mix Spinach Wrap(G)(E)</b> <b>Tofurkey Spring Mix Wrap</b> <b>Apple Slices</b>	School Closed
Monday, March 9 <sup>th</sup>	Tuesday, March 10 <sup>th</sup>	Wednesday, March 11 <sup>th</sup>	Thursday, March 12 <sup>th</sup>	Friday, March 13 <sup>th</sup>
<b>Cheese Ravioli (G)(D)(E)</b> <b>Chunky Tomato Marinara</b> <b>Broccoli Normandy</b>	<b>Butter Chicken (D)</b> <b>Butter Tofu (D)</b> <b>Jasmine Rice</b> <b>Peas</b>	<b>Angus Hamburger Sliders (G)</b> <b>Plant Based Patty</b> <b>Steak Fries</b> <b>Carrots</b>	<b>Cranberry Chicken Salad</b> <b>Croissant (G)(E)</b> <b>Cranberry Tofu Salad Croissant</b> <b>Veggie Straws</b>	<b>Pepperoni Pizza (G)(D)</b> <b>Cheese Pizza</b> <b>Mandarin Orange</b>
Monday, March 16 <sup>th</sup>	Tuesday, March 17 <sup>th</sup>	Wednesday, March 18 <sup>th</sup>	Thursday, March 19 <sup>th</sup>	Friday, March 20 <sup>th</sup>
<b>Italian Meat Lasagna (G)(D)(E)</b> <b>Vegetable Lasagna</b> <b>Culinary Blend Vegetables</b>	<b>Orange Chicken Rice Bowl</b> <b>Orange Vegetable Rice Bowl</b> <b>Enriched Rice</b> <b>House Vegetable Blend</b>	<b>Chicken Parmesan (G)(D)</b> <b>Plant Based Parmesan</b> <b>Chunky Marinara &amp; Mozzarella</b> <b>Italian Style Green Beans</b>	<b>Turkey, Swiss &amp; Spinach Sandwich (G)(E)(D)</b> <b>Tofurkey Substitute</b> <b>Applesauce</b>	<b>Pepperoni Pizza (G)(D)</b> <b>Cheese Pizza</b> <b>Mixed Salad Mix &amp; Ranch</b>
Monday, March 23 <sup>rd</sup>	Tuesday, March 24 <sup>th</sup>	Wednesday, March 25 <sup>th</sup>	Thursday, March 26 <sup>th</sup>	Friday, March 27 <sup>th</sup>
<b>(G)(D)</b> <b>Creamy Mushroom Alfredo</b> <b>Enriched Bowtie Pasta</b> <b>Tuscan Green Beans</b>	<b>Crispy Chicken Sandwich</b> <b>Plant Based Ckn Sandwich</b> <b>21 Grain Organic Bun</b> <b>Gourmet Crinkle Frites</b> <b>Organic Corn</b>	<b>Meatballs Marinara</b> <b>Beyond Meatball Marinara</b> <b>House Rolls</b> <b>Carrots</b>	<b>Chicken Caesar Wrap (G)(D)(E)</b> <b>Tofurkey Substitute</b> <b>Romaine</b> <b>Mandarin</b>	<b>Pepperoni Pizza (G)(D)</b> <b>Cheese Pizza</b> <b>Peaches</b>
Monday, March 30 <sup>th</sup>	Tuesday, March 31 <sup>st</sup>	Wednesday	Thursday	Friday
<b>Chicken Pasta with Peas &amp; Carrots(G)</b> <b>Pasta with Vegetables</b> <b>Organic Corn</b>	<b>Chicken Breast Nuggets (G)</b> <b>Plant Based Nuggets</b> <b>Broccoli</b> <b>Applesauce</b>		2 % or Whole Milk Served with every meal.	

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