

March 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 or (469) 466-2002

**** Deadlines****

Please Remember all orders must be in on the 15th of each month, Including weekly orders



Monday March 2 nd Belvita Breakfast Bar & Milk Beef Bolognaise (G) Mushroom Bolognaise Enriched Penne Pasta Italian Vegetable Blend Farmers Market Crackers & Milk	Tuesday March 3 rd Cheerios, Craisins & Milk Chicken & Waffles (G)(E) Plant Based Chicken Baked Apples Steamed Carrots Mandarin Orange & Milk	Wednesday March 4 th Pancakes & Milk Chicken Udon Stirfry (G) Veggie Udon Stirfry Japanese Vegetables Broccoli Peaches & Milk	Thursday March 5 th Banana Muffin & Milk Chicken & Spring Mix Spinach Wrap (G)(E) Tofurkey Spring Mix Wrap Apple Slices Goldfish & Milk	Friday March 6 th Chex, Raisins & Milk Pepperoni Pizza (G)(D) Cheese Pizza Cucumber Slices Safari Snack Mix & Milk
Monday, March 9 th Assorted Cereal & Milk Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Broccoli Normandy Graham Crackers & Milk	Tuesday, March 10 th Granola Bar & Milk Butter Chicken (D) Butter Tofu (D) Jasmine Rice Peas Turkey Roll & Crackers	Wednesday, March 11 th W.G Waffle & Milk Angus Hamburger Sliders (G) Plant Based Patty Steak Fries Carrots Banana & Milk	Thursday, March 12 th Zucchini Muffin & Milk Cranberry Chicken Salad Croissant (G)(E) Cranberry Tofu Salad Croissant Veggie Straws Yogurt & Granola	Friday, March 13 th Cheerios, Blueberries & Milk Pepperoni Pizza (G)(D) Cheese Pizza Mandarin Orange Peaches & Milk
Monday, March 16 th Belvita Breakfast Bar & Milk Italian Meat Lasagna (G)(D)(E) Vegetable Lasagna Culinary Blend Vegetables Goldfish & Milk	Tuesday, March 17 th Cereal Medley, Dried Fruit & Milk Orange Chicken Rice Bowl Orange Vegetable Rice Bowl Enriched Rice House Vegetable Blend Wow Crackers	Wednesday, March 18 th Pancakes & Milk Chicken Parmesan (G)(D) Plant Based Parmesan Chunky Marinara & Mozzarella Italian Style Green Beans Yogurt & Peaches	Thursday, March 19 th Vanilla Maple Muffin & Milk Turkey, Swiss & Spinach Sandwich (G)(E)(D) Tofurkey Substitute Applesauce Apple & Milk	Friday, March 20 th Banana & Milk Pepperoni Pizza (G)(D) Cheese Pizza Mixed Salad Mix & Ranch A & F Trail Mix & Milk
Monday, March 23 rd Cheerios, Blueberries & Milk (G)(D) Creamy Mushroom Alfredo Enriched Bowtie Pasta Tuscan Green Beans Graham Crackers & Milk	Tuesday, March 24 th Granola Bar & Milk Crispy Chicken Sandwich Plant Based Ckn Sandwich 21 Grain Organic Bun Gourmet Crinkle Frites Organic Corn Turkey Roll & Crackers	Wednesday, March 25 th W.G Waffle & Milk Meatballs Marinara Beyond Meatball Marinara House Rolls Carrots Banana & Milk	Thursday, March 26 th Scratch Fruit Muffin & Milk Chicken Caesar Wrap (G)(D)(E) Tofurkey Substitute Romaine Mandarin S.F Pudding & Milk	Friday, March 27 th Apple & Milk Pepperoni Pizza (G)(D) Cheese Pizza Peaches Orange Slices & Milk
Monday, March 30 th Yogurt & Granola Chicken Pasta with Peas & Carrots (G) Pasta with Vegetables Organic Corn Farmers Market Crackers & Milk	Tuesday, March 31 st Mandarin & Milk Chicken Breast Nuggets (G) Plant Based Nuggets Broccoli Applesauce Cheese & Crackers	Wednesday 	Thursday 2 % or Whole Milk Served with every meal.	Friday

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