

May 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	Tuesday	Wednesday	Thursday	Friday May 1st
	2 % or Whole Milk Served with every meal.			Cheerios, Blueberries & Milk Pepperoni Pizza (G)(D) Cheese Pizza Mandarin S.F Pudding & Milk
Monday, May 4th	Tuesday, May 5th	Wednesday, May 6th	Thursday, May 7th	Friday, May 8th
Blueberry Breakfast Belvita & Milk Fresh Spinach Pasta (G) Mushrooms Organic Chicken Breast Carrots Graham Crackers & Milk	Chex Cranberries & Milk Oven Roasted Turkey Gravy(G) Vegetarian Tofurkey Steamed Broccoli Baked Apples Cheese Tortilla Rollup	Pancake & Milk Beef & Bean Burrito (G) Bean & Cheese Burrito (D)(G) Ranchero Fiesta Blend Veg Bean Medley Hummus & Tortilla	Egg & Cheese Muffin & Milk Ambrosia Ckn Salad & Cranberry Croissant (G)(E) Tofurkey Salad Croissant Gogurt Mandarin & Milk	Banana & Milk Pizza Delivery (G)(D) Cheese Pizza Applesauce Cantaloup Smiles & Milk
Monday, May 11 th	Tuesday, May 12 th	Wednesday, May 13 th	Thursday, May 14 th	Friday, May 15 th
Assorted Cereal, Dr. Fruit & Milk Turkey Meatballs Vegetarian Meatballs Chunky Tomato Marinara Roll Italian Green Beans Goldfish & Milk	Granola Bar & Milk Chicken Nuggets (G) Gardein Mock Ckn Nuggets Tots Broccoli Normandy Apple & Milk	English Muffin & Milk Broiled Angus Burgers(G) Veggie Burger Sw. Pot & F.F Medley Corn Yogurt & Peaches	Strawberry Muffin & Milk Chicken & Cheese Sandwich (G)(E)(D) Tofurkey Substitute Veggie Straws Orange Slices Fm Market Sweet Crackers & Milk	Cheerios, Raisins & Milk Pepperoni Pizza (G)(D) Cheese Pizza Cucumbers Ranch Mandarin & Milk
Monday, May 18th	Tuesday, May 19th	Wednesday, May 20th	Thursday, May 21st	Friday, May 22nd
Blueberry Breakfast Belvita & Milk Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Broccoli Graham Crackers & Milk	Chex, Cranberries & Milk Tuscan Chicken Breast Plant Based Chicken Key of Biscayne Vegetables Seasoned Rice Cheese Tortilla Rollup	Pancake & Milk Savory Meatballs Scratch Beyond Meatballs Scratch Mashed Potato Seasoned Green Beans Apple & Milk	Carrott Muffin & Milk Turkey, Arugula & Swiss Sub (G)(D)(E) Tofurkey Substitute Canteloup A & F Trail Mix & Milk	Banana & Milk Delivery (G)(D) Cheese Pizza Mandarin Orange S. F Pudding & Milk
Monday, May 25 th	Tuesday, May 26th	Wednesday, May 27th	Thursday, May 28th	Friday, May 29th
CLOSED	Granola Bar & Milk Chicken Fried Rice (E) Veggie Fried Rice Japanese Vegetables Broccoli Mandarin Orange & Milk	Apple & Milk (G)Crispy Chicken Sandwich Vegetarian Ckn Sandwich French Fries Corn Yogurt & Peaches	Vanilla Cinnamin Muffin & Milk Chicken Ranch Spinach Wrap (G)(E)(D) Tofurkey Substitute Apple Slices Goldfish & Milk	English Muffin & Milk Pepperoni Pizza (G)(D) Cheese Pizza Applesauce Cantaloup Smiles & Milk

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