

May Menu Guidepost Mentessori

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 20th of each month, Including weekly orders



Monday	Tuesday	Wednesday	Thursday	Friday May 1st
	2 % or Whole Milk Served with every meal.			Pepperoni Pizza (G)(D) Cheese Pizza Mandarin
Monday, May 4th	Tuesday, May 5th	Wednesday, May 6th	Thursday, May 7th	Friday, May 8th
Fresh Spinach Pasta (G) Mushrooms Organic Chicken Breast Carrots	Oven Roasted Turkey Gravy(G) Vegetarian Tofurkey Steamed Broccoli Baked Apples	Beef & Bean Burrito (G) Bean & Cheese Burrito (D)(G) Ranchero Fiesta Blend Veg Bean Medley	Ambrosia Ckn Salad & Cranberry Croissant (G)(E) Tofurkey Salad Croissant Gogurt	Pizza Delivery (G)(D) Cheese Pizza Applesauce
Monday, May 11 th	Tuesday, May 12 th	Wednesday, May 13 th	Thursday, May 14 th	Friday, May 15 th
Turkey Meatballs Vegetarian Meatballs Chunky Tomato Marinara Roll Italian Green Beans	Chicken Nuggets (G) Gardein Mock Ckn Nuggets Tots Broccoli Normandy	Broiled Angus Burgers(G) Veggie Burger Sw. Pot & F.F Medley Corn	Chicken & Cheese Sandwich (G)(E)(D) Tofurkey Substitute Veggie Straws Orange Slices	Pepperoni Pizza (G)(D) Cheese Pizza Cucumbers Ranch
Monday, May 18th	Tuesday, May 19th	Wednesday, May 20th	Thursday, May 21st	Friday, May 22nd
Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Broccoli	Tuscan Chicken Breast Plant Based Chicken Key of Biscayne Vegetables Seasoned Rice	Savory Meatballs Scratch Beyond Meatballs Scratch Mashed Potato Seasoned Green Beans	Turkey, Arugula & Swiss Sub (G)(D)(E) Tofurkey Substitute Canteloup	Delivery (G)(D) Cheese Pizza Mandarin Orange
Monday, May 25 th	Tuesday, May 26th	Wednesday, May 27th	Thursday, May 28th	Friday, May 29th
CLOSED	Chicken Fried Rice (E) Veggie Fried Rice Japanese Vegetables Broccoli	(G)Crispy Chicken Sandwich Vegetarian Ckn Sandwich French Fries Corn	Chicken Ranch Spinach Wrap (G)(E)(D) Tofurkey Substitute Apple Slices	Pepperoni Pizza (G)(D) Cheese Pizza Applesauce

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