

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig believes that lunch is very important! Ambrosia & Fig always make sure we serve the daily recommended nutrition requirements or higher in all of our Snacks & Lunches. Our recipes are made to ensure the maximum amount of nutrition

We believe in healthy nutrition. We only use enriched or whole grains. Our food is never fried and we substitute fresh organic fruits and vegetables when possible.

We are a nut free facility and we offer **Allergy Free Meals!** With Ambrosia & Fig you can feel confident that your child will be well taken care of. We offer Gluten Free, Dairy Free, and Egg Free Meals. We also offer Vegetarian meal options as well

Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetable, and 1.5 oz of whole grain. We follow the CACFP requirements found on usda.gov.

Have any questions? Reach out to ambrosiaandfig@gmail.com or (469) 466-2002

**** Deadlines****

Please Remember all orders must be in On the 15th of each month.



May Menu Castle Pre-School

Monday	Tuesday	Wednesday	Thursday, May 1	Friday, May 2
	All Lunches Served With Milk <i>Vegetarian Option in GREEN</i>	<u>Nutritional Tidbit!</u> Our Capri Blend Vegetables is an excellent source of Vitamin A. It offers a mix of bright colors and outstanding flavors with carrots, green beans & Zucchini	Fresh Baked Spice Cake Muffin & Milk Sun Butter & Jelly Triangle (GL) Apple Sauce Tri-Color Bell Peppers Farmers Market Sweet Cookies	(G)(D) Cheese Pizza Fresh Navel Orange Soft Pretzel Braid &
Monday, May 5	Tuesday, May 6	Wednesday May 7	Thursday, May 8	Friday, May 9
Fresh Banana & Milk Cheese Ravioli (E)(D) Chunky Tomato Marinara Key of Biscayne Vegetables SF Jello Pudding & Milk	Oat Squares, Blueberries & Milk Chicken Tenders (G) Meatless Tenders Broccoli Cauliflower Cheddar Cheese & Saltine Crackers	Scratch Vanilla Pancakes & Milk Broiled Hamburgers (G) Veggie Burger Tetris Tots Corn Yogurt & Granola	Fresh Baked Zucchini Muffin & Milk Chicken Caesar Wrap (G)(D)(E) Deli Rotisserie Chicken, Romain Tofurkey Caesar Wrap (G)(D)(E) Mandarin Graham Crackers & Milk	Fresh Apple (G)(D) Cheese Pizza Salad Ranch(D) Flour Tortilla & Salsa
Monday, May 12	Tuesday, May 13	Wednesday, May 14	Thursday, May 15	Friday, May 16
Cheerios, Cranberry & Milk Vegetable Cavatappi (G)(D) With Parmesan Prince Edward Blend Vegetable Yogurt & Peaches	Scratch Granola Bar & Milk Butter Chicken (G)(D) Tofu Butter Chicken Fragrant Rice Peas Turkey Rolls & Club Crackers	Banana & Milk Mesquite Grilled Chicken Meatless Chicken Patty Enriched Seasoned Rice Carrots Monterey Jack Cheeses & Ritz	Fresh Baked Carrot Muffin & Milk Shaved Turkey Breast w/Spinach (E) Tofurkey w/ Spinach Fresh Sourdough Bread (G) Applesauce Goldfish & Milk	Blueberry Belvita Bar & Milk (G)(D) Cheese Pizza Fresh Navel Orange Sun Butter Fold Overs
Monday, May 19	Tuesday, May 20	Wednesday, May 21	Thursday, May 22	Friday, May 23
Oat Squares, Blueberries & Milk Italian Meat Lasagna (G)(D)(E) Vegetable Lasagna (G)(D)(E) Capri Blend Vegetables Sugar Free Jello & Milk	Banana & Milk Turkey Stroganoff (D) Mushroom Stroganoff (D) Egg Noodles (G)(E) Green Beans Cheddar Cheese & Saltines	Whole Grain English Muffin & Milk Chicken Nuggets(G) Meatless Nuggets Mac N Cheese(D) Corn Yogurt & Granols	Fresh Maple Cinnamon Muffin & Milk Chicken Ranch Wrap (G)(D)(E) Rotisserie Chicken & House Ranch Tofurkey Ranch Wrap (G)(D)(E) Veggie Straws Gogurt (D) Graham Crackers & Milk	Fresh Apple & Milk (G)(D) Cheese Pizza Salad Ranch(D) Soft Pretzel Braid &
Monday, May 26	Tuesday May 27	Wednesday , May 28	Thursday , May 29	Friday , May 30
CLOSED	Cheerios, Cranberries & Milk Cheese Quesadilla (G)(D) Borracho Beans Fiesta Corn Flour Tortilla & Salsa	Whole Grain Maple Waffle & Milk Broiled Hamburgers Meatless Veggie Patty Enriched Bun(G) French Fry Medley (Sweet Potato/Potato Monterey Jack Cheese & Ritz	Fresh Baked Assorted Muffins & Milk Deli Meat Sub w Fresh Veggies (G)(D) Tofurkey Sub w Fresh Vegetables Mandarins Goldfish & Milk	Fresh Banana & Milk (G)(D) Cheese Pizza Applesauce Scratch Trail Mix & Milk