

Welcome to Ambrosia & Fig School Lunch & Breakfast 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 20th of each month.



May Menu Carpe' Diem Pre School

Monday	Tuesday	Wednesday	Thursday, May 1	Friday, May 2
	All Lunches Served With Milk Vegetarian Option in GREEN	<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	Sun Butter & Jelly Triangle (GL) Apple Sauce Tri-Color Bell Peppers	Pepperoni Pizza(G)(D) Cheese Pizza Fresh Navel Orange
Monday, May 5	Tuesday, May 6	Wednesday May 7	Thursday, May 8	Friday, May 9
Cheese Ravioli (E)(D) Chunky Tomato Marinara Key of Biscayne Vegetables	Chicken Tenders (G) Meatless Tenders Broccoli Cauliflower	Broiled Hamburgers (G) Veggie Burger Tetris Tots Corn	Chicken Caesar Wrap (G)(D)(E) Deli Rotisserie Chicken, Romain Tofurkey Caesar Wrap (G)(D)(E) Mandarin	Pepperoni Pizza(G)(D) Cheese Pizza Salad Ranch(D)
Monday, May 12	Tuesday, May 13	Wednesday, May 14	Thursday, May 15	Friday, May 16
Vegetable Cavatappi (G)(D) With Parmesan Prince Edward Blend Vegetable	Butter Chicken (G)(D) Tofu Butter Chicken Fragrant Rice Peas	Mesquite Grilled Chicken Meatless Chicken Patty Enriched Seasoned Rice Carrots	Shaved Turkey Breast w/Spinach (E) Tofurkey w/ Spinach Fresh Sourdough Bread (G) Applesauce	Pepperoni Pizza(G)(D) Cheese Pizza Fresh Navel Orange
Monday, May 19	Tuesday, May 20	Wednesday, May 21	Thursday, May 22	Friday, May 23
Italian Meat Lasagna (G)(D)(E) Vegetable Lasagna (G)(D)(E) Capri Blend Vegetables	Turkey Stroganoff (D) Mushroom Stroganoff (D) Egg Noodles (G)(E) Green Beans	Chicken Nuggets(G) Meatless Nuggets Mac N Cheese(D) Corn	Chicken Ranch Wrap (G)(D)(E) Rotisserie Chicken & House Ranch Tofurkey Ranch Wrap (G)(D)(E) Veggie Straws Gogurt (D)	SCHOOL CLOSED
Monday, May 26	Tuesday May 27	Wednesday , May 28	Thursday , May 29	Friday , May 30
AMBROSIA & FIG CLOSED HOLIDAY	SCHOOL CLOSED	Broiled Hamburgers Meatless Veggie Patty Enriched Bun(G) French Fry Medley (Sweet Potato/Potato)	Deli Meat Sub w Fresh Vegies (G)(D) Tofurkey Sub w Fresh Vegetables Mandarins	Pepperoni Pizza(G)(D) Cheese Pizza Applesauce