

## Welcome to Ambrosia & Figs 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 Little Ivie's

Monday	Tuesday	Wednesday	Thursday, May 1	Friday, May 2
	<b>All Lunches Served With Milk</b> <b>Vegetarian Option in GREEN</b>	<u><b>Nutritional Tidbit!</b></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	<b>Fresh Baked Spice Cake Muffin &amp; Milk</b> Sun Butter & Jelly Triangle (GL) Apple Sauce Tri-Color Bell Peppers	<b>Blueberry Belvita Bar &amp; Milk</b> Pepperoni Pizza(G)(D) <b>Cheese Pizza</b> <b>Fresh Navel Orange</b>
Monday, May 5	Tuesday, May 6	Wednesday May 7	Thursday, May 8	Friday, May 9
<b>Fresh Banana &amp; Milk</b> <b>Cheese Ravioli (E)(D)</b> <b>Chunky Tomato Marinara</b> <b>Key of Biscayne Vegetables</b>	<b>Oat Squares, Blueberries &amp; Milk</b> <b>Chicken Tenders (G)</b> <b>Meatless Tenders</b> Broccoli Cauliflower	<b>Scratch Vanilla Pancakes, Berries &amp; Milk</b> <b>Broiled Hamburgers (G)</b> <b>Veggie Burger</b> Tetris Tots Corn	<b>Fresh Baked Zucchini Muffin &amp; Milk</b> <b>Chicken Caesar Wrap (G)(D)(E)</b> <b>Deli Rotisserie Chicken, Romain</b> <b>Tofurkey Caesar Wrap (G)(D)(E)</b> Mandarin	<b>Fresh Apple, Chex &amp; Milk</b> <b>Pepperoni Pizza(G)(D)</b> <b>Cheese Pizza</b> Salad Ranch(D)
Monday, May 12	Tuesday, May 13	Wednesday, May 14	Thursday, May 15	Friday, May 16
<b>Cheerios, Cranberry &amp; Milk</b> <b>Vegetable Cavatappi (G)(D)</b> <b>With Parmesan</b> <b>Prince Edward Blend Vegetable</b>	<b>Scratch Granola Bar &amp; Milk</b> <b>Butter Chicken (G)(D)</b> <b>Tofu Butter Chicken</b> Fragrant Rice Peas	<b>Cereal Banana &amp; Milk</b> <b>Mesquite Grilled Chicken</b> <b>Meatless Chicken Patty</b> <b>Enriched Seasoned Rice</b> Carrots	<b>Fresh Baked Carrot Muffin &amp; Milk</b> <b>Shaved Turkey Breast w/Spinach (E)</b> <b>Tofurkey w/ Spinach</b> <b>Fresh Sourdough Bread (G)</b> Applesauce	<b>Blueberry Belvita Bar &amp; Milk</b> <b>Pepperoni Pizza(G)(D)</b> <b>Cheese Pizza</b> <b>Fresh Navel Orange</b>
Monday, May 19	Tuesday, May 20	Wednesday, May 21	Thursday, May 22	Friday, May 23
<b>Oat Squares, Blueberries &amp; Milk</b> <b>Italian Meat Lasagna (G)(D)(E)</b> <b>Vegetable Lasagna (G)(D)(E)</b> <b>Capri Blend Vegetables</b>	<b>Cheerios, Banana &amp; Milk</b> <b>Turkey Stroganoff (D)</b> <b>Mushroom Stroganoff (D)</b> <b>Egg Noodles (G)(E)</b> Green Beans	<b>W G English Muffin, &amp; Milk</b> <b>Chicken Nuggets(G)</b> <b>Meatless Nuggets</b> <b>Mac N Cheese(D)</b> Corn	<b>Fresh Maple Cinnamon Muffin &amp; Milk</b> <b>Chicken Ranch Wrap (G)(D)(E)</b> <b>Rotisserie Chicken &amp; House Ranch</b> <b>Tofurkey Ranch Wrap (G)(D)(E)</b> Veggie Straws Gogurt (D)	<b>Oat Squares, Apple &amp; Milk</b> <b>Pepperoni Pizza(G)(D)</b> <b>Cheese Pizza</b> Salad Ranch(D)
Monday, May 26	Tuesday May 27	Wednesday , May 28	Thursday , May 29	Friday , May 30
<b>AMBROSIA &amp; FIG</b> <b>CLOSED</b> <b>HOLIDAY</b>	<b>Cheerios, Cranberries &amp; Milk</b> <b>Cheese Quesadilla( G)(D)</b> <b>Borracho Beans</b> <b>Fiesta Corn</b>	<b>WG Maple Waffle, Berries &amp; Milk</b> <b>Broiled Hamburgers</b> <b>Meatless Veggie Patty</b> <b>Enriched Bun(G)</b> <b>French Fry Medley</b> <b>(Sweet Potato/Potato</b>	<b>Fresh Baked Assorted Muffins &amp; Milk</b> <b>Deli Meat Sub w Fresh Veggies (G)(D)</b> <b>Tofurkey Sub w Fresh Vegetables</b> Mandarins	<b>Fresh Banana &amp; Milk</b> <b>Pepperoni Pizza(G)(D)</b> <b>Cheese Pizza</b> Applesauce