

Nutrition Byte Snack & Lunch Nutrition Guidelines

The USDA Guidelines for Lunch portions requirements for daycare & school age children vary from age to age! The following are the NSLP requirements.

Lunch Ages 1-2

- 1 oz Meat or meat alternative.
- 1/8 cup of vegetables
- 1/8 cup of fruit
- OR 1/4 cup of either
- 1/2 oz eq of grains!

Lunch Ages 3-5

- 1 1/2 oz Meat or meat alternative
- 1/4 cup of vegetables/starch
- 1/4 cup of fruit
- OR 1/2 cup of either
- 1/2 oz eq. of grains!

Grades K-8

- 1 1/2 – 2oz Meat or meat alternative
- 1/2 cup of vegetables/starch
- 1/2 cup of fruit
- OR 1 cup of either
- 1 oz eq. of grains!

Grades 9-12

- 2oz Meat or meat alternative
- 1 cup of vegetables/starch
- 1 cup of fruit
- OR 1 1/2 cup of either
- 2 oz eq. of grains!

Ambrosia & Fig believes that lunch is very important! That is why we always make sure we give the daily recommended amounts or higher. **Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetable, and 1.5 oz of whole grain.** We follow the CACFP found on usda.gov.

Have any questions? Reach out to ambrosiaandfig@gmail.com or (972) 972-8862 **** Deadlines****

Please Remember that all orders must be in The Friday , One month prior to new Month

Menu for May 2024 Guidepost Montessori

Monday	Tuesday	Wednesday, May 1	Thursday, May 2	Friday, May 3
		Grilled Chicken Sandwich (V) Meatless Chicken French Fries	Ham & Cheese Rollup (V) Cheese & Tofurkey Goldfish Orange	Pepperoni Pizza (V) Cheese Pizza Applesauce
Monday, May 6	Tuesday, May 7	Wednesday May 8	Thursday, May 9	Friday, May 10
Italian Lasagna (V) Vegetable Lasagne Corn	Chicken Nuggets (V) Meatless Nuggets Carrots	Ham (V) Veggie Burger Mac N Cheese Organic Green Beans	Bento Box with Meat (V) Hummus Bento Box Cheese-Veggie-Fruit-Crackers	Pepperoni Pizza (V) Cheese Pizza Mandarin Orange
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Chicken Alfredo (V) Mushroom Alfredo Steamed Broccoli	Teriyaki Meatball Bowl (V) Veggie Bowl Buttered Carrots	Chicken & Waffles (V) Meatless Chicken Baked Apples	Chicken Caesar Wrap (V) Caesar Salad Wrap Veggie Straws	Pepperoni Pizza (V) Cheese Pizza Peaches
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Cheese Ravioli Organic Green Beans	Crispy Chicken Sandwich (V) Meatless Chicken Tots	Beef & Bean Burrito (V) Bean & Cheese Burrito Spanish Rice Corn	Sun Butter & Jelly Sandwich Triangle Orange String Cheese	Pepperoni Pizza (V) Cheese Pizza Veggie Pasta Salad
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
Creamy Chicken & Bowtie Pasta (V) Creamy Mushroom Pasta Vegetable Blend	Cheese Quesadilla (V) Bean & Cheese Burrito Borracha Benas	Broiled Hamburger (V) Veggie Burger French Fries	Turkey & Cheese Croissant (V) Tofurkey Cheese Croissant Chips	Pepperoni Pizza (V) Cheese Pizza Apple

Big Kid Meals recommended for Kiddo's with a bigger appetite.

* Our Corn Dogs have no added by-products, Hormones, or Steroids and contain 7 gr. Protein.