

**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.

**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](http://usda.gov).

Have any questions? Reach out to [ambrosiaandfig@gmail.com](mailto:ambrosiaandfig@gmail.com) or (972) 972-8862

**\*\* Deadlines\*\***

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

# Menu for May Southlake 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	
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	
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	
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	
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Cheese Quesadilla (V) Bean & Cheese Burrito Borracha Benas	Broiled Hamburger (V) Veggie Burger French Fries	Turkey & Cheese Croissant (V) Tofurkey Cheese Croissant Chips	



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.