Guidepost Montessori November Menu

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig recognizes the significance of a well-balanced lunch. We consistently provide snacks and lunches that meet or exceed daily recommended nutritional requirements. Our recipes are thoughtfully developed to maximize nutritional value.

Our commitment to healthy nutrition is reflected in our choice of ingredients. We utilize enriched or whole grains exclusively, prioritize fresh organic fruits and vegetables when available, and our meats are nitrates and nitrite free.

Orders due by the 20th of the month

Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetables

Monday, November 2nd	Tuesday, November 3rd	Wednesday, November 4th	Thursday November 5th	Friday November 6th
B: Bagel & Cream Cheese **L:** Cheese Manicotti **(G)(D)(E)** Tomato Marinara w 8 vegetables Butter Broccoli Fresh Fruit of the Day	**B:** Mix Cereal &n Cranberries **L:** Cod Fish Filet Sandwich (G) Plant Based Fish Sandwich WG Bun Corn Fresh Fruit of the Day	**B:** Pancakes & Milk **L:** Herb Roasted Chicken Leg Original Vegetarian Chik'n Mashed Potato's Fresh Fruit of the Day	**B:** WG Apple Cinn Muffin & Milk **L:** Wow Butter & Jelly Rollup (G) Crispy Cucumber Coins Fresh Fruit of the Day	**B:** Cheerios & Milk **L:** Cheese Pizza **(G)(D)** Organic Green Beans Fresh Fruit of the Day
Monday, November 9th	**Tuesday, November 10th**	**Wednesday, November 11th**	**Thursday, November 12th**	**Friday, November 13th**
B: Blueberry Belvita & Milk **L:** Turkey Bolognese & Carrots**(G)** Vegetarian Bolognese Bowtie Pasta Normandy Vegetables Fresh Fruit of the Day	**B:** Yogurt & Peaches **L:** Chicken Pastor Vegetarian Pastor Refried Beans & Cojita Cheese Enriched Tortilla Fresh Fruit of the Day	**B:** English Muffin & Milk **L:** Cozy Chicken & Rice Bowl Plant Based Chik'n**(G)** Fluffy Rice/Peas & Carrots Warm Vanilla Peaches or Fresh Fruit of the Day	**B:** Banana Muffin & Milk **L:** Turkey & Swiss Sandwich w/ Spinach (G)(D)(E) Super Veggie Straws Applesauce or Fresh Fruit of the Day	**B:** WG Waffle & Milk **Cheese Pizza (G)(D)** Organic Corn Fresh Fruit of the Day
Monday, November 16th	**Tuesday, November 17th**	**Wednesday, November 18th**	**Thursday, November 19th**	**Friday, November 20th**
B: Granola Bar & Milk **L:** Vegetable Lasagna **(G)(D)(E)** Organic Tuscan Green Beans Fresh Fruit of the Day	**B:** Mix Cereal & Cranberries **L:** Mesquite Grilled Chicken Carrot Coins Fresh Fruit of the Day	**B:** Pancakes & Milk Chicken Nuggets **L:** Veggie Nuggets Baked French Fries & Ketchup Fresh Fruit of the Day	**B:** Assorted Muffins & Milk **L:** Crispy Chicken Caesar Wrap With Romain Tofurky Caesar Wrap (G)(D)(E) Goldfish Fresh Fruit of the Day	**B: Yogurt** & Granola **L:** Cheese Pizza **(G)(D)** Mix Salad Ranch Fresh Fruit of the Day
Monday, November 23rd	**Tuesday, November 24th**	**Wednesday, November 25th**	**Thursday, November 26TH**	**Friday, November 27th**
B: Blueberry Belvita & Milk **L:** Cheese Ravioli **(G)(D)(E)** Tomato Marinara w 8 vegetables Carrot Coins Fresh Fruit of the Day	**B:** Chex Cereal & Milk **L:** Chicken & Vegetable Egg Roll Vegetable Egg Roll Enriched Rice & Sweet Peas Fresh Fruit of the Day	**B:** Cinnamon Raisin Bread **L:** Turkey Bento Box Hummus Bento Box Fresh Vegetables Crackers Fresh Fruit of the Day	**CLOSED** **THANKSGIVING BREAK**	**CLOSED** **THANKSGIVING BREAK**
Monday, November 30th	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
B: Bagel & Cream Cheese **L:** Meatballs (G)(D) Chunky Tomato Marinara Spaghetti Noodles Organic Butter Corn Fresh Fruit of the Day	**As always Ambrosia and Fig will be closed in observance of Thanksgiving** **November 25th – 27th** **Lunch will be served on Wednesday Nov. 25th**	The "B" are for schools involved in our breakfast program only	Our Jacksons Super Veggie Straws are made with real yellow peas brown rice, cassava, and sweet potato!	2% or Whole Milk served with Lunch

* NUT FREE – NO ADDED SUGARS – NO HFCS – CACFP COMPLIANT