

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig believe that lunch is extremely important! Ambrosia & Fig always make sure we serve the daily recommended nutrition requirements or higher in all 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. We substitute fresh organic fruits and vegetables whenever possible and use nitrate & nitrite free meats.

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, including weekly orders



November Menu Guidepost Montessori

Monday, November 3	Tuesday, November 4	Wednesday, November 5	Thursday, November 6	Friday, November 7
Spaghetti & Turkey Meatballs Meatless Meatballs (G) Chunky Tomato Marinara Organic Corn	Popcorn Chicken (G) Plant Based Chicken Potato Tots Steamed Broccoli	Chicken & Vegetable Fried Rice Vegetable Spring Roll(G) Vegetable Fried Rice	Turkey, Provolone, Spinach Sand (G)(D)(E) Tofurkey Spinach Sand(G)(E)(D) Applesauce	Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices
Monday, November 10	Tuesday, November 11	Wednesday November 12	Thursday, November 13	Friday, November 14
Cheese Ravioli (G)(D) Chunky Tomato Marinara Prince Edward Vegetables	Soft Turkey Tacos/Cheese (D)(G)(E) Tofu Taco's Pinto Beans Cilantro Lime Rice	Hamburger Sliders (G) Vegetarian Burger Sweet Potato Fries Mandarin Cups	Chicken Caesar Wrap (G)(E)(D) Tofurkey Caesar Wrap Romaine Veggie Straws	Pepperoni Pizza (G)(D) Cheese Pizza Orange Smiles
Monday, November 17	Tuesday, November 18	Wednesday, November 19	Thursday, November 20	Friday, November 21
Creamy Chicken & Vegetables(D) Meatless Ckn & Vegetable (G) Bowtie Pasta Malibu Vegetable	Chicken Tenders(G)(D) Plant Based Tenders Mac N Cheese Green Beans	Sliced Turkey Breast Meatless Turkey Mashed Potatoes (D) Green Beans	Ham & Cheese, Spinach Croissant (G)(E)(D) Tofurkey & Cheese Croissant (G)(E)(D) Gogo Squeeze Trop Fruit Pouch	Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices
Monday, November 24	Tuesday, November 25	Wednesday, November 26	Thursday, November 27	Friday, November 28
Spaghetti & Meat Sauce (G) Enriched Spaghetti Spaghetti Marinara House Vegetables	Orange Chicken Rice Bowl (G) Vegetable Orange Rice Bowl Enriched Rice Broccoli Normandy	Turkey, Chicken Club w/ Romaine(G)(E) Enriched Sandwich Bread Tofurkey Club w/ Romaine Veggie Straws	CLOSED HAPPY THANKSGIVING	CLOSED
Monday, December 1	Tuesday	Wednesday	Thursday	Thursday
				<i>Ambrosia & Fig never uses added sugar in our recipes!</i> <i>Milk served with every meal</i>