

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 15th of each month, including weekly orders



November Menu Castle Pre-School

Monday, November 3	Tuesday, November 4	Wednesday, November 5	Thursday, November 6	Friday, November 7
WG Cereal Medley, Cranberries & Milk Spaghetti & Turkey Meatballs Meatless Meatballs (G) Chunky Tomato Marinara Organic Corn Goldfish & Milk	Banana & Milk Popcorn Chicken (G) Plant Based Chicken Potato Tots Steamed Broccoli Turkey Roll & Crackers	Vanilla Pancake & Milk Chicken & Vegetable Fried Rice Vegetable Spring Roll(G) Vegetable Fried Rice Farmers Mkt Sweet Crackers & Milk	Fresh Baked Zucchini Muffin Turkey, Provolone, Spinach Sand (G)(D)(E) Tofurkey Spinach Sand(G)(E)(D) Applesauce S.F Jello Pudding	Mandarin & Milk Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices (FRISCO CLOSED) Pumpkin Spice Rice Pudding
Monday, November 10	Tuesday, November 11	Wednesday November 12	Thursday, November 13	Friday, November 14
Cheerios, Blueberries & Milk Cheese Ravioli (G)(D) Chunky Tomato Marinara Prince Edward Vegetables A & F Trail Mix & Milk	Belvita Blueberry Bars & Milk Soft Turkey Tacos/Cheese (D)(G)(E) Tofu Taco's Pinto Beans Cilantro Lime Rice Applesauce & Milk	W.G English Muffins & Milk Hamburger Sliders (G) Vegetarian Burger Sweet Potato Fries Mandarin Cups Wow Butter & Jelly Foldover	Vanilla Cinnamon Muffin & Milk Chicken Caesar Wrap (G)(E)(D) Tofurkey Caesar Wrap Romaine Veggie Straws Graham Crackers & Milk	Yogurt & Peaches Pepperoni Pizza (G)(D) Cheese Pizza Orange Smiles Hummus & Tortillas
Monday, November 17	Tuesday, November 18	Wednesday, November 19	Thursday, November 20	Friday, November 21
Scratch Granola Bars & Milk Creamy Chicken & Vegetables(D) Meatless Ckn & Vegetable (G) Bowtie Pasta Malibu Vegetable Graham Crackers & Milk	Chex Cereal, Raisins & Milk Chicken Tenders(G)(D) Plant Based Tenders Mac N Cheese Green Beans Cheese & Crackers	Vanilla Pancakes & Milk Sliced Turkey Breast Meatless Turkey Mashed Potatoes (D) Green Beans Yogurt & Granola	Mandarin Orange & Milk Ham & Cheese, Spinach Croissant (G)(E)(D) Tofurkey & Cheese Croissant (G)(E)(D) Gogo Squeeze Trop Fruit Pouch Fresh Baked Cornbread Muffin & Milk	Fresh Banana & Milk Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices Farmers Mkt. Sweet Crackers & Milk
Monday, November 24	Tuesday, November 25	Wednesday, November 26	Thursday, November 27	Friday, November 28
Cheerios, Blueberries & Milk Spaghetti & Meat Sauce (G) Spaghetti Marinara House Vegetables Goldfish & Milk	Belvita Blueberry Bars & Milk Orange Chicken Rice Bowl (G) Vegetable Orange Rice Bowl Enriched Rice Broccoli Normandy Mandarin & Milk	WG English Muffin & Milk Turkey, Chicken Club w/ Romaine(G)(E) Enriched Sandwich Bread Veggie Straws Peaches & Milk	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>