

October Menu GUIDEPOST

Welcome to Ambrosia & Figs School Lunch Program



We believe that lunch is extremely important! **Ambrosia & Fig** always make sure we serve the daily recommended nutrition requirements or higher in all our **Breakfast, Snacks & Lunches**. Our recipes are made to ensure the maximum amount of nutrition.

We believe in healthy nutrition and 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.

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

Daily lunches available



Monday	Tuesday	Wednesday	Thursday October 1 st	Friday October 2 nd
	Our Jacksons Super Veggie Straws are made with real yellow peas brown rice, cassava, and sweet potato!	2% or Whole Milk served with Lunch & Breakfast	B: WG Apple Cinn Muffin Top L: Black Forrest Chicken Hogie W/Spinach & Swiss (G)(E)(D) Tofurky Spring Mix Hogie Fruit of the Day	B: Cereal Mix & Cranberries L: Cheese Pizza (G)(D) Mix Salad Ranch Fruit of the Day
Monday, October 5 th	Tuesday, October 6 th	Wednesday, October 7 th	Thursday, October 8 th	Friday, October 9 th
B: WG Pancakes L: Turkey Bolognese (G) Vegetarian Bolognese Bowtie Pasta Organic Tuscan Green Beans Fruit of the Day	B: Belvita Morning Bar & 100% Juice L: Breaded Chicken Nuggets Plant Based Nuggets Organic Corn Fruit of the Day	B: Cinnamon Raisin Bread L: Fajita Chicken Plant Based Fajita (G) ½ Enriched Tortilla Mexi Rice Fruit of the Day	B: Yogurt & Granola L: Wow Butter & Jelly Sandwich (G) Cucumber Slices Fruit of the Day	B: Chex Cereal L: Cheese Pizza (G)(D) Diced Carrot Pick-Ups Fruit of the Day
Monday, October 12 th	Tuesday, October 13 th	Wednesday, October 14 th	Thursday, October 15 th	Friday, October 16 th
SCHOOL CLOSED	B: Cinnamon Raisin Bread L: Cream of Tomato Soup (D) Grill Cheese Fruit of the Day	B: English Muffin L: Cheese Quesadilla Melted Cheese blend in a flour tortilla Ranchero Blend Corn Fruit of the Day	B: WG Apple Cinn Muffin Top L: Turkey Spring Mix Cheese Wrap Tofurky Spring Mix Cheese Wrap (G) Super Veggie Straws Fruit of the Day	B: Granola Bar L: Cheese Pizza (G)(D) Sliced Cucumbers Fruit of the Day
Monday, October 19 th	Tuesday, October 20 th	Wednesday, October 21 st	Thursday, October 22 nd	Friday, October 23 rd
B: WG Pancakes L: Cheese Tortellini (G)(D)(E) Tomato Marinara w 8 vegetables Steamed Broccoli Fruit of the Day	B: Belvita Morning Bar & 100% Juice L: Oven Browned Turkey & Gravy Seared Tofu Mini Carrot Coins Fruit of the Day	B: Cinnamon Raisin Bread L: Teriyaki Chicken Rice Bowl Tofu Teriyaki Japanese Vegetables Fruit of the Day	B: Scratch Peach Muffin L: Bistro Chicken Salad Croissant w/ Cranberries (G)(E) Vegetarian Bistro Salad Croissant Carrot Sticks Fruit of the Day	B: Cheerios & Blueberries L: Cheese Pizza (G)(D) Organic Corn Fruit of the Day
Monday, October 26 th	Tuesday, October 27 th	Wednesday, October 28 th	Thursday, October 29 th	Friday, October 30 th
B: WG Waffles L: Chicken Alfredo (G)(D) Mushroom Alfredo Penne Pasta Organic Peas & Carrots Fruit of the Day	B: Yogurt & Granola L: Grilled Chicken Sandwich Black Bean Burger WG Bun Waffle Fries Fruit of the Day	B: English Muffin L: Chicken Parmesan (G)(D) Original Vegetarian Chik'n Patty Tuscan Green Beans Fruit of the Day	B: WG Apple Cinn Muffin Top L: Chicken Caesar Salad Wrap w Romaine Lettuce Tofu Caesar Salad Wrap (G)(E)(D) Super Veggie Straws Fruit of the Day	B: Granola Bar L: Cheese Pizza (G)(D) Mix Salad Ranch Fruit of the Day

Individual Little Scholars Meals & Individual Dainty Bites Meals coming soon!

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