

## 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



## October Menu Castle Pre-School

Monday, October 1	Tuesday, October 2	Wednesday, October 1	Thursday, October 2	Friday, October 3
	<i>Ambrosia &amp; Fig never uses added sugar in our recipes!</i>  <i>Milk served with every meal</i>	Fresh Baked Raisin Bread & Milk  Grass Fed Chopped Steak Mushroom Gravy (G) Meatless Vegetarian Patty Parsley Egg Noodles Organic Corn  Graham Crackers & Milk	Fresh Baked Banana Mufin  Bistro Chicken Salad Croissant with Cranberries (G)(E) Tofurkey Salad Croissant (G)(E)(D) Applesauce  Soft Pretzel Bites & Cheese	Fresh Pear & Milk  Pepperoni Pizza (G)(D) Cheese Pizza Salad Greens Reduced Calorie Ranch  S.F. Jello Pudding & Milk
Monday, October 6	Tuesday, October 7	Wednesday, October 8	Thursday, October 9	Friday, October 10
Blueberry Belvita Breakfast Bars & Milk  White Cheddar Cavatappi (G)(D) Prince Edward Vegetables Mandarin Fruit Cup  Goldfish & Milk	Yogurt & Granola  Chicken & WG Waffles (D)(G)(E) Meatless Protein Baked Apples Carrot Coins  Cheddar Cheese & Crackers	Mini Vanilla Pancakes & Milk  Broiled Hamburger (G) Vegetarian Burger French Fry Medley Organic Buttered Corn  Mandarin Orange Jello Cup	Fresh Baked Pumpkin Muffin & Milk  Chicken Ranch Wrap (G)(E) Tofurkey Ranch Wrap Cucumber Circles Mandarin Orange  Peaches & Milk	Fresh Banana & Milk  Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices  A & F Trail Mix & Milk
Monday, October 13	Tuesday, October 14	Wednesday, October 15	Thursday, October 16	Friday, October 17
WG Cereal Medley, Raisins & Milk  Penne Regatta & Turkey Meatballs Meatless Meatballs (G) Chunky Tomato Marinara Key of Biscayne Vegetable  Applesauce & Milk	Scratch Granola Bar & Milk  Breaded Chicken Parmesan (G)(D) Plant Based Parmesan Mozzarella & Marinara Italian Green Beans  Wow Butter Crackers	WG English Muffin & Milk  Beef & Bean Burrito (G) Bean & Cheese Burrito (D) Black Beans Tex Mex Corn  Cheese & Tortilla Rollup	Yogurt & Peaches  Turkey & Provolone Sandwich (G)(E)(D) Romaine Tofurkey Provolone Sandwich (G)(E)(D) Veggie Straws  Fresh Baked Cornbread Muffin & Milk	Fresh Apple & Milk  Popcorn Chicken (G) Plant Based Nuggets Potato Tots Broccoli  S.F. Jello Pudding & Milk
Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Belvita Breakfast Bars & Milk  Italian Meat Lasagna (E)(G)(D) Vegetable Lasagna Tuscan Green Beans  Rotisserie Chicken Tortilla Rollup & Milk	Mandarin Orange & Milk  Orange Chicken Rice Bowl (G) Vegetable Orange Rice Bowl Steamed Rice Stir Fry Vegetables  Cheddar Cheese & Crackers	Fresh Baked Raisin Bread & Milk  Turkey, Egg, Cheese Breakfast Burrito (G)(E)(D) Vegetarian Breakfast Sandwich Diced Potatoes House Made Salsa Goldfish & Milk	Fresh Baked Carrot Muffin & Milk  Ham & Cheese Sub w/ Spinach (G)(E)(D) Tofurkey & Cheese Sub No Added Sugar Assorted Applesauce Pouches  Graham Crackers & Milk	Fresh Banana & Milk  Cheese Pizza (G)(D) Fresh Salad Greens Reduced Calorie Ranch Dressing  A & F Trail Mix & Milk
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Thursday, October 31
Chex Cereal, Cranberries & Milk  Chicken & Rice w/ Peas & Carrots Plant based Ckn & Rice Broccoli Normandy  Peaches & Milk	Scratch Granola Bar & Milk  Teriyaki Chicken (G) Plant Based Teriyaki Ckn Basmati Rice Steamed Carrots  Turkey Rollup & Crackers	W.G. Waffle & Milk  Salisbury Steak Vegetarian Patty Mashed Potato (D) Organic Green Beans  Mandarin Jello Cup	Yogurt & Peaches  Club Spinach Wrap (G)(D)(E) Vegetarian Spinach Wrap Veggie Straws Orange Wedges  Fresh Baked Cornbread Muffin & Milk	Cheerios, Blueberries & Milk  Pepperoni Pizza (G)(D) Cheese Pizza Peaches  Mixed Fruit