

# October Menu Guidepost Montessori

## 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 20h of each month, including weekly orders



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>	Grass Fed Chopped Steak Mushroom Gravy(G) Meatless Vegetarian Patty Parsley Egg Noodles Organic Corn	Bistro Chicken Salad Croissant with Cranberries (G)(E) Tofurkey Salad Croissant(G)(E)(D) Applesauce	Pepperoni Pizza(G)(D) Cheese Pizza Salad Greens Reduced Calorie Ranch
Monday, October 6	Tuesday, October 7	Wednesday, October 8	Thursday, October 9	Friday, October 10
White Cheddar Cavatappi (G)(D) Prince Edward Vegetables Mandarin Fruit Cup	Chicken & WG Waffles (D)(G)(E) Meatless Protein Baked Apples Carrot Coins	Broiled Hamburger(G) Vegetarian Burger French Fry Medley Organic Buttered Corn	Chicken Ranch Wrap (G)(E) Tofurkey Ranch Wrap Cucumber Circles Mandarin Orange	Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices
Monday, October 13	Tuesday, October 14	Wednesday, October 15	Thursday, October 16	Friday, October 17
Penne Regatta & Turkey Meatballs Meatless Meatballs (G) Chunky Tomato Marinara Key of Biscayne Vegetable	Breaded Chicken Parmesan(G)(D) Plant Based Parmesan Mozzarella & Marinara Italian Green Beans	Beef & Bean Burrito (G) Bean & Cheese Burrito (D) Black Beans Tex Mex Corn	Turkey & Provolone Sandwich (G)(E)(D) Romaine Tofurkey Provolone Sandwich (G)(E)(D) Veggie Straws	Pepperoni Pizza (G)(D) Cheese Pizza Applesauce
Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Italian Meat Lasagna (E)(G)(D) Vegetable Lasagna Tuscan Green Beans	Orange Chicken Rice Bowl (G) Vegetable Orange Rice Bowl Steamed Rice Stir Fry Vegetables	Turkey, Egg, Cheese Breakfast Burrito(G)(E)(D) Vegetarian Breakfast Sandwich Diced Potatoes House Made Salsa	Ham & Cheese Sub w/ Spinach(G)(E)(D) Tofurkey & Cheese Sub No Added Sugar Assorted Applesauce Pouches	
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Thursday, October 31
Chicken & Rice w/ Peas & Carrots Plant based Ckn & Rice Broccoli Normandy	Teriyaki Chicken(G) Plant based Teriyaki Ckn Basmati Rice Steamed Carrots	Salisbury Steak Vegetarian Patty Mashed Potato (D) Organic Green Beans	Club Spinach Wrap(G)(D)(E) Vegetarian Spinach Wrap Veggie Straws Orange Wedges	Pepperoni Pizza (G)(D) Cheese Pizza Peaches

