

September Menu Castle Pre-School

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig recognizes the significance of a well-balanced lunch. We consistently provide snacks and lunches that meet or exceed daily recommended nutritional requirements. Our recipes are thoughtfully developed to maximize nutritional value.

Our commitment to healthy nutrition is reflected in our choice of ingredients. We utilize enriched or whole grains exclusively, prioritize fresh organic fruits and vegetables when available, and our meats are nitrates and nitrite free.

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



Monday, August 31 st	Tuesday, September 1 st	Wednesday September 2 nd	Thursday September 3 rd	Friday September 4 th
Farm Fresh Apple & Milk Scratch Macaroni & Cheese (G)(D) Broccoli Mixed Fruit Carrot, Pineapple & Raisin Salad	Cheerios & Milk Chicken & Rice Bowl Veg Rice Bowl w/ Cojita Chees Mixed Vegetables Peaches Cheese Tortilla Rollup	Raisin Bread & Milk Cheese Quesadilla Mexican Rice w/Vegetables Refried Beans Banana & Milk	Breakfast Muffin & Milk Roast Beef Sand. w/Spring Mix (G)(E) Tofurky Spring Mix Sandwich Applesauce Mandarin Orange	Granola Bar & Milk Pepperoni Pizza (G)(D) Cheese Pizza Orange Slices Graham Crackers & Milk
Monday, September 7 th	Tuesday, September 8 th	Wednesday, September 9 th	Thursday, September 10 th	Friday, September 11 th
CLOSED	Chex Cereal & Cranberries Teriyaki Chicken Teriyaki Tofu Rice w/Peas & Carrots Pineapple Tidbits Fresh Apple & Milk	Yogurt & Granola Beef & Bean Burrito (G) Bean & Cheese Burrito Corn w/ Cojita Cheese Mandarin Cheddar Cheese & Crackers	Banana Muffin & Milk Turkey-Cheese Spinach Wrap (G)(E) Tofurkey & Cheese Spinach Sub Peaches Goldfish & Milk	Blueberry Belvita & Milk Pepperoni Pizza (G)(D) Cheese Pizza Salad w/ Ranch Banana & Milk
Monday, September 14 th	Tuesday, September 15 th	Wednesday, September 16 th	Thursday, September 17 th	Friday, September 18 th
Mix Cereal & Milk Tuscaroni Noodles w Gr.Beef (G) Vegetarian Crumples Chunky Tomato Sauce Organic Corn Mandarin & Milk	Cheerios, Blueberries & Milk Vegetable Fr. Rice w Chicken Vegetable Fr. Rice w/ Egg Fruit Graham Crackers & Milk	Bagels & Cream Cheese Sage & Onion Turkey Seasoned Seared Tofu Macaroni & Cheese Carrots Orange Slices & Milk	Mix Fruit Muffin & Milk WB & J Sandwich(G) Sliced Cucumbers Fruit Turkey Roll & Crackers	Granola Bar & Milk Pepperoni Pizza (G)(D) Cheese Pizza Applesauce Fresh Fruit & Milk
Monday, September 21 st	Tuesday, September 22 nd	Wednesday, September 23 rd	Thursday, September 24 th	Friday, September 25 th
Yogurt & Granola Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Tuscan Green Beans Pears & Milk	Blueberry Belvita & Milk Lemon Pepper Chicken Vegetarian Protein Green Beans Baked Apples Cheese Tortilla Rollup	Pancake & Milk Turkey Sloppy Joe WG Bun (G) Vegetarian Sloppy Joe (G) Organic Carrots Applesauce Banana & Milk	Scratch Assorted Muffin & Milk Chicken, Spinach & Chipotle Wrap(G)(D)(E) Tofurkey, Spinach Wrap Orange Slices Goldfish & Milk	Chex Cereal & Cranberries Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices Pineapple Tidbits & Milk
Monday, September 28 th	Tuesday, September 29 th	Wednesday, September 30 th	Thursday,	Friday,
Granola Bar & Milk Spaghetti & Meatballs (G) Vegetarian Meatballs Chunky Tomato Sauce Fruit Graham Crackers & Milk	Assorted Cereal & Milk S.W. Chicken Rice Bowl Bl. Bean, Corn, Tomato Rice Bowl w/ Vegetables Peaches Turkey Roll & Crackers	WG Waffle & Milk Crispy Chicken Sandwich Vegetarian Sandwich Potato Tots Fruit Peaches & Milk		% or Whole Milk Served with every meal.

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