

September Menu KLA

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 Vegetables



Monday, August 31 st	Tuesday, September 1 st	Wednesday September 2 nd	Thursday September 3 rd	Friday September 4 th
	Cheerios & Milk Chicken & Rice Bowl Veg Rice Bowl w/ Cojita Chees Mixed Vegetables Fresh Apples	Raisin Bread & Milk Cheese Quesadilla Mexican Rice w/Vegetables Banana	Breakfast Muffin & Milk Deli Chicken Sand. w/Spring Mix (G)(E) Tofurky Spring Mix Sandwich Mandarin Orange	Granola Bar & Milk Cheese Pizza (G)(D) Celery & Cucumber Orange Slices
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 Fresh Apple & Milk	Yogurt & Granola Bean & Cheese Burrito (G) Corn w/ Cojita Cheese Mandarin	Banana Muffin & Milk Turkey-Cheese Spinach Wrap (G)(E) Tofurkey & Cheese Spinach Sub Melon	Blueberry Belvita & Milk Cheese Pizza (G)(D) Salad w/ Ranch Banana
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 Chicken (G) Vegetarian Crumples Chunky Tomato Sauce Organic Corn Mandarin	Cheerios, Blueberries & Milk Vegetable Fr. Rice w Chicken Vegetable Fr. Rice w/ Egg Fresh Fruit of the Day	Bagels & Cream Cheese Sage & Onion Turkey Seasoned Seared Tofu Organic Carrots Orange Slices	Scratch Mix Fruit Muffin & Milk WB & J Sandwich(G) Sliced Cucumbers Banana	Granola Bar & Milk Cheese Pizza (G)(D) 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 Organic Tuscan Green Beans Pears	Blueberry Belvita & Milk Lemon Pepper Chicken Vegetarian Protein Culinary Vegetable Blend Baked Apples	Pancake & Milk Turkey Sloppy Joe WG Bun (G) Vegetarian Sloppy Joe (G) Organic Carrots Banana	Scratch Assorted Muffin & Milk Chicken, Spinach & Chipotle Wrap(G)(D)(E) Tofurkey, Spinach Wrap Orange Slices	Chex Cereal & Cranberries Cheese Pizza (G)(D) Tomato/Cucumber Salad Apple Slices
Monday, September 28 th	Tuesday, September 29 th	Wednesday, September 30 th	Thursday,	Friday,
Granola Bar & Milk Spaghetti & Turkey Meatballs (G) Vegetarian Meatballs Chunky Tomato Marinara Organic Tuscan Green Beans Fruit of the Day	Assorted Cereal & Milk S.W. Chicken Rice Bowl Bl. Bean, Corn, Tomato Rice Bowl w/ Vegetables Watermelon	WG Waffle & Milk Crispy Chicken Sandwich Vegetarian Sandwich Potato Tots Peaches		% or Whole Milk Served with every meal.

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