

September Menu Castle Pre-School

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig believe that lunch is particularly 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. Our food is never fried, and we substitute fresh organic fruits and vegetables when possible.

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



Monday, September 1	Tuesday, September 2	Wednesday, September 3	Thursday, September 4	Friday, September 5
	Mandarin & Milk WG Breaded Chicken Nuggets(G) Plant Based Nuggets Tater Tots Organic Corn Mini Cucumber Sammies	WG Waffle & Milk Breaded Steak Fingers(D)(G) Plant Based Fingers Mashed Potatoes Carrot Coins Turkey Rollups & Crackers	Yogurt & Peaches Ham & Cheese Veggie Sub (G)(E)(D) Tofurkey, Cheese & Veggie Sub (G)(E)(D) Applesauce Fresh Cornbread Muffin & Milk	Fresh Apple & Milk Pepperoni Pizza(G)(D) Cheese Pizza Cucumbers & Ranch Cantaloupe Smiles & Milk
Monday, September 8	Tuesday, September 9	Wednesday September 10	Thursday, September 11	Friday, September 12
Belvita Breakfast Bars & Milk Spaghetti & Turkey Meatballs (G) Spaghetti & Plant Based Meatball (G) Sicilian Culinary Vegetables Yogurt & Granola	Chex Cereal with Cranberry & Milk Butter Chicken (D) Butter Tofu (D) Basmati Rice Peas & Carrots Cheddar Cheese & Crackers	English Muffin & Milk Ground Beef Breakfast Burrito(G) Egg & Cheese Breakfast Burrito Diced Potatoes Tomato Salsa Peaches & Milk	Fresh Baked Zucchini Muffin & Milk Turkey & Spinach Croissant (G)(E) Tofurkey & Spinach Croissant Tropical Fruit Salad Goldfish & Milk	Fresh Banana & Milk Pepperoni Pizza (G)(D) Cheese Pizza Applesauce Bagels & Cream Cheese
Monday, September 15	Tuesday, September 16	Wednesday, September 17	Thursday, September 18	Friday, September 19
Cheerios, Blueberries & Milk Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Broccoli Graham Crackers & Milk	Scratch Granola Bar & Milk Balsamic Glazed Chicken Plant Based Balsamic Chicken Organic Green Beans Chunky Tomatoes Cantaloupe Smiles & Milk	Vanilla Maple Pancakes & Milk Broiled Hamburger (G) Veggie Burger French Fries Orange Wedges Turkey Rollups & Crackers	Baked Assorted Muffins & Milk Chicken Caesar Wrap (G)(E)(D) Romaine Tofurkey Caesar Wrap/Romaine (G)(E)(D) Applesauce Roasted Red Pepper Hummus & Tortilla	Fresh Apple & Milk Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices Mini Cucumber Sammies
Monday, September 22	Tuesday, September 23	Wednesday, September 24	Thursday, September 25	Friday, September 26
Belvita Breakfast Bars & Milk Chicken Vegetable & Bowtie Pasta (G) Vegetable Bowtie Pasta w/ Mushroom (G) Mandarin Cups A & F Trail Mix & Milk	Asst. Cereal with Cranberries & Milk Breaded Chicken Filet Sandwich (G) Plant Based Filet Sandwich French Fries Carrot Coins Cheddar Cheese & Crackers	WG Waffles & Milk Salisbury Steak(G)(D) Meatless Patty Mac & Cheese Organic Corn Goldfish & Milk	Yogurt & Peaches Deli Meat & Mixed Lettuce Sand.(G)(E) Tofurkey & Mixed Lettuce Sandwich Fruit Cup Fresh Baked Cornbread Muffin & Milk	Fresh Banana & Milk Stroganoff Meatball(G)(D)(E) Plant Based Meatballs Egg Noodles Malibu Culinary Vegetables Ciabatta Cheese Sammies
Monday, September 29	Tuesday, September 30	Wednesday, October 1	Thursday, October 2	Thursday, October 3
Cheerios, Blueberries & Milk Beef Ravioli (G) Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Sicilian Culinary Vegetables Yogurt & Granola	Scratch Granola Bar & Milk Breaded Chicken Tenders(G) Plant Based Tenders F F Medley Broccoli Wow Butter Crackers			