

September Menu Guidepost Montessori

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 20th of each month, including weekly orders

Monday, September 1	Tuesday, September 2	Wednesday, September 3	Thursday, September 4	Friday, September 5
	WG Breaded Chicken Nuggets(G) Plant Based Nuggets Tater Tots Organic Corn	Breaded Steak Fingers(D)(G) Plant Based Fingers Mashed Potatoes Carrot Coins	Ham & Cheese Veggie Sub (G)(E)(D) Tofurkey, Cheese & Veggie Sub (G)(E)(D) Applesauce	Pepperoni Pizza(G)(D) Cheese Pizza Cucumbers & Ranch
Monday, September 8	Tuesday, September 9	Wednesday, September 10	Thursday, September 11	Friday, September 12
Spaghetti & Turkey Meatballs (G) Spaghetti & Plant Based Meatball (G) Sicilian Culinary Vegetables	Butter Chicken (D) Butter Tofu (D) Basmati Rice Peas & Carrots	Ground Beef Breakfast Burrito(G) Egg & Cheese Breakfast Burrito Diced Potatoes Tomato Salsa	Turkey & Spinach Croissant (G)(E) Tofurkey & Spinach Croissant Tropical Fruit Salad	Pepperoni Pizza (G)(D) Cheese Pizza Applesauce
Monday, September 15	Tuesday, September 16	Wednesday, September 17	Thursday, September 18	Friday, September 19
Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Broccoli	Balsamic Glazed Chicken Plant Based Balsamic Chicken Organic Green Beans Chunky Tomatoes	Broiled Hamburger (G) Veggie Burger French Fries Orange Wedges	Chicken Caesar Wrap (G)(E)(D) Romaine Tofurkey Caesar Wrap/Romaine (G)(E)(D) Applesauce	Pepperoni Pizza (G)(D) Cheese Pizza Apple Slices
Monday, September 22	Tuesday, September 23	Wednesday, September 24	Thursday, September 25	Friday, September 26
Chicken Vegetable & Bowtie Pasta (G) Vegetable Bowtie Pasta w/ Mushroom (G) Mandarin Cups	Breaded Chicken Filet Sandwich (G) Plant Based Filet Sandwich French Fries Carrot Coins	Salisbury Steak(G)(D) Meatless Patty Mac & Cheese Organic Corn	Deli Meat & Mixed Lettuce Sandwich (G)(E) Tofurkey & Mixed Lettuce Sandwich Fruit Cup	Stroganoff Meatball(G)(D)(E) Plant Based Meatballs Egg Noodles Malibu Culinary Vegetables
Monday, September 29	Tuesday, September 30	Wednesday, October 1	Thursday, October 2	Thursday, October 3
Beef Ravioli (G) Cheese Ravioli (G)(D)(E) Chunky Tomato Marinara Sicilian Culinary Vegetables	Breaded Chicken Tenders(G) Plant Based Tenders F F Medley Broccoli	All Meals are served with Milk Vegetarian Options in Green		

