

*AtoZ Catering House*  
Real Food



Fruits & Vegetables are Seasonal and will change accordingly

Please let us know if your child has any food allergies to any of the item on the menu

Low Fat 1% Unflavored Milk (3-5) and Unflavored Whole Milk (1-2y) will be served at Breakfast and Lunch Water available at every meal.

**BRIGHT BEGINNINGS - WEEK 3**

|                       | MONDAY 7/12   | TUESDAY 7/13  | WEDNESDAY 7/14   | THURSDAY 7/15   | FRIDAY 7/16   |                       |
|-----------------------|---|---|--|---|---|-----------------------|
| L<br>U<br>N<br>C<br>H | Ground Beef<br>Steamed Yellow Rice (BR)<br>Mixed Vegetables<br>Watermelon | BBQ Chicken<br>Steamed Rice (Brown)<br>Garden Salad<br>Mixed Fruit Cups | Baked Chicken Breast w/<br>Marinara Sauce and<br>Cheese<br>Whole Wheat Penne<br>Pasta<br>Broccoli<br>Bananas | Mac "N" Cheese<br>Chicken Nuggets<br>String Beans<br>Apples | Beef Stirred Fried<br>Rice w/ Mixed<br>Vegetables<br>Garden Salad<br>Cantaloupe | L<br>U<br>N<br>C<br>H |

199-21 Murdock Avenue - Saint Albans - New York 11412

917-856-8683

[atozcateringhouse@gmail.com](mailto:atozcateringhouse@gmail.com)

[www.caterers.catering](http://www.caterers.catering)