

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 and Snack where noted.

Water should be available at every meal.

Bright Beginnings - WEEK 3

	MONDAY 9/13	TUESDAY 9/14	WEDNESDAY 9/15	THURSDAY 9/16	FRIDAY 9/17	
L U N C H	Ground Beef Steamed Yellow Rice Sliced Bread (WW) Mixed Vegetables Watermelon	BBQ Chicken Steamed Rice (Brown) Garden Salad Mixed Fruit Cups	Baked Chicken Breast w/ Marinara Sauce and Cheese Whole Wheat Penne Pasta Broccoli Bananas	Mac "N" Cheese Chicken Nuggets String Beans WW Bread Apples	Deli Turkey w/ Cheese Bread (WW) Garden Salad Cantaloupe	L U N C H

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

917-856-8683

atozcateringhouse@gmail.com

www.caterers.catering