

*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 4**

|                       | MONDAY 9/20  | TUESDAY 9/21  | WEDNESDAY 9/22  | THURSDAY 9/23   | FRIDAY 9/24  |                       |
|-----------------------|--|---|---|---|--|-----------------------|
| L<br>U<br>N<br>C<br>H | Sautéed Ground Beef<br>Penne Pasta (WW) w/<br>Marinara Sauce<br>Broccoli<br>Apples | Jerk Chicken<br>Steamed Rice<br>(Brown)<br>Garden Salad w/<br>Chickpeas<br>Watermelon | Sautéed Ground<br>Turkey<br>Sliced Bread (WW)<br>Egg Noodles<br>Mixed Vegetables<br>Oranges | Brown Stewed<br>Chicken<br>Steamed Rice<br>(Brown)<br>String Beans<br>Honey Dew | Whole Grain<br>Cheese Pizza<br>Garden Salad<br>Bananas | L<br>U<br>N<br>C<br>H |

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