

EAT WELL.

STAY HEALTHY.

DO GOOD.



# CATERING

- a la carte menu -

## BREAKFAST

### QUICK PICK BREAKFAST... (\$5 per person)

- WHOLE WHEAT BAGELS
- GARDEN VEGGIE SPREAD OR CHERRY PECAN SCHMEAR
- FAT FREE VANILLA GREEK YOGURT WITH FARRO/FUJI APPLE COMPOTE

### BUILD YOUR OWN YOGURT PARFAIT... (\$3 per person)

- FAT FREE VANILLA GREEK YOGURT
- NATURE'S VALLEY GRANOLA
- BLUEBERRY, APPLE OR STRAWBERRY COMPOTE

### BY THE DOZEN

- WHOLE WHEAT BAGELS WITH PLAIN CREAM CHEESE... (\$15)
- BLUEBERRY MUFFINS... (\$10)
- OAT BRAN MUFFINS... (\$10)

### HEALTHY BREAKFAST BREADS

- Med. \$20 (Serves 15) | Lg. \$35 (Serves 30)
- |                         |                |
|-------------------------|----------------|
| APPLE QUINOA (NUT FREE) | CHERRY WALNUT  |
| BANANA WALNUT           | PECAN FLAXSEED |
| BLUEBERRY (NUT FREE)    | PUMPKIN PECAN  |

## SNACKS

### FRUIT PLATTERS

- Med. \$25 (Serves 15-20) | Lg. \$40 (Serves 35-40)
- CUBE CUT PINEAPPLE, CANTALOUPE, HONEYDEW AND SEEDLESS GRAPES

### VEGGIE AND HUMMUS TRAYS

- Med. \$12.<sup>50</sup> (Serves 10) | Lg. \$25 (Serves 20)
- GARLIC HUMMUS, SQUASH CRUDITE AND BABY CARROTS

### TEAM SNACK PACKS

- 12pc. - \$20 | 25pc. - \$40 | 50pc. - \$60
- EACH SNACK PACK IS COMPRISED OF AN ASSORTMENT OF 3 OR MORE HEALTHY SELECTED ITEMS SUCH AS THOSE BELOW:

- |                               |                         |
|-------------------------------|-------------------------|
| KIND BARS                     | GREEK YOGURT SNACK BARS |
| VIC'S HALF SALT WHITE POPCORN | POP CHIPS               |
| PARMESAN AND HERB PITA CHIPS  | VEGGIE STRAWS           |

## DESSERTS

### DARK CHOCOLATE RASPBERRY BROWNIES

- Med. \$25 (Serves 15) | Lg. \$40 (Serves 30)

### LEMON RICOTTA CAKE WITH BLUEBERRY COMPOTE

- Med. \$22.<sup>50</sup> (Serves 15) | Lg. \$38 (Serves 30)

### HEALTHY BREAKFAST BREADS (SEE BREAKFAST MENU)

To order or to request additional information, please contact our catering manager at:  
[catering@goodmeasuremeals.com](mailto:catering@goodmeasuremeals.com) | (404) 419.3314



IT'S ABOUT MORE THAN A MEAL. DID YOU KNOW THAT 100% OF THE PROCEEDS FROM GOOD MEASURE MEALS CATERING GO TO SUPPORT THE PROGRAMS AND SERVICES OFFERED BY OPEN HAND ATLANTA? JUST ONE MORE WAY THAT YOU'RE SUPPORTING A HEALTHIER COMMUNITY!