



COASTAL GAN WEEKLY MENU



Our meals and snacks are prepared fresh at Coastal Gan, with an emphasis on wholesome ingredients, fresh fruits and vegetables, whole grains, and balanced meals that meet USDA Child and Adult Care Food Program (CACFP) meal pattern requirements.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Whole-Grain Triscuits with Hummus & Fresh Fruit	Cheerios or Life Cereal with Almond Milk & Fresh Fruit	Rice Cakes with Peanut Butter & Fresh Fruit	Scrambled Eggs, Greek Yogurt & Fresh Fruit	Cheerios or Life Cereal with Almond Milk & Fresh Fruit
LUNCH	Oven-Roasted Chicken with Sweet Potatoes & Steamed Broccoli	Baked Ziti with Tomato Sauce, Mozzarella Cheese & Sweet Peas	Pasta with Meatballs, Tomato Sauce & Roasted Cauliflower	Build-Your-Own Veggie Pizza with Fresh Tomato Sauce, Cheese & Assorted Vegetables	Peanut Butter on Rye Bread with Sliced Cucumbers, Hard-Boiled Egg & Fresh Fruit
SNACK	Rice Cakes & Fruit	Bamba & Fresh Fruit	Whole-Grain Triscuits & Fresh Fruit	Rice Cakes with Sunbutter & Fresh Fruit	Freshly Baked Challah & Seasonal Fruit