



## COASTAL GAN WEEKLY MENU

Subject to change.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

SNACK

Triscuits  
Chummus  
Fruit

Cereal  
Milk  
Fruit

Rice Cakes  
Peanut Butter  
Fruit

Pancakes  
Yogurt  
Fruit

Cereal  
Milk  
Fruit

LUNCH

Baked Chicken  
Mashed Potatoes  
Broccoli

Baked Ziti  
Tomato Sauce,  
Cheese  
Peas & Carrots

Spaghetti and  
Meatballs  
Cauliflower

D-I-Y Pizza  
Flour Tortilla  
Tomato Sauce  
Mozzerella Cheese  
Assorted Veggies

Peanut Butter  
Sandwich  
Sliced Cucumbers  
Hard Boiled Egg

SNACK

Veggie Straws  
Fruit

Bamba  
Fruit

Crackers  
Fruit

Rice Cakes  
SunButter  
Fruit

Fresh Challah  
Grape Juice  
Veggie Straws