



**West Cobb Prep Academy**  
**Week of September 18<sup>th</sup>, 2023**

**MONDAY**

**Breakfast:**

Pancakes w/Syrup  
Applesauce  
Milk

**Lunch:**

Fish Sticks  
Mashed Potatoes  
Sweet Peas  
Sliced Bread  
Milk

**PM Snack:**

Saltine Crackers  
Sliced Apples

**TUESDAY**

**Breakfast:**

Oatmeal  
Peaches  
Milk

**Lunch:**

Tuna Sandwiches  
Corn  
Mandarins  
Milk

**PM Snack:**

Club Crackers  
100% Grape Juice

**WEDNESDAY**

**Breakfast:**

Rice Krispie Cereal  
w/Milk  
Bananas  
Milk

**Lunch:**

Chicken Nuggets  
Baked Beans  
Sliced Pears  
Sliced Bread  
Milk

**PM Snack:**

Graham Crackers  
Bananas

**THURSDAY**

**Breakfast:**

Croissants  
Cantaloupe  
Milk

**Lunch:**

Salisbury Steak  
w/Gravy  
Green Beans  
Apple Slices  
Sliced Bread  
Milk

**PM Snack:**

Wheat Thin Crackers  
Sliced Oranges

**FRIDAY**

**Breakfast:**

Cheerios w/Milk  
Pineapples  
Milk

**Lunch:**

Grilled Cheese  
Sandwiches  
French Fries  
Carrots  
Milk

**PM Snack:**

Ritz Crackers  
w/Cheese

