

Welcome to our Lunch Cafe at...

BAY COVE ACADEMY

February 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



1 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
With
Caesar Salad
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side
And
Fresh Orange

4 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
With
Whole Wheat Dinner Roll
Green Peas
And
Diced Pear Cup

5 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection
With
Bacon
Strawberries
Carrot Sticks
And
Fresh Empire Apple

6

7 Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house
With
Sweet Potato Fries
And
Applesauce

8 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
With
Steamed Broccoli
And
Fresh Apple

National Pizza Day!

11 Cheese Ravioli with Tomato Sauce
baked ravioli in tomato sauce
With
Whole Wheat Dinner Roll
Steamed Peas
And
Fresh Orange

Every Monday the Featured Entree will be Meatless.

12 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
With
Sweet Corn
Diced Tomatoes
And
Strawberry Cup

13

SNACK

14 Philly Cheese Steak
With
Garden Salad
Chili Roasted Garbanzo Beans
And
Fresh Green Grapes

HAPPY VALENTINES DAY

15 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
With
Broccoli Bites
And
Fresh Banana

18

19

20

21

22

WINTER BREAK

25 Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
With
Tomato Soup
Crispy Potato Puffs
And
Fresh Pear

26 Fluffy Whole Grain Waffles
With
Bacon
Celery Sticks
Blueberries
And
Fresh Banana

27

SNACK

28 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
And Tomato Sauce Dip
With
Spicy Four Bean Salad
And
Pineapple Cup

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



VEGETARIAN

MADE WITH NATURAL INGREDIENTS

PORK

MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.