

Welcome to our Lunch Cafe at...

BAY COVE ACADEMY

April 2019



Monday

1 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Whole Wheat Dinner Roll
Steamed Peas
Fresh Pear

Tuesday

2 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection
Bacon
Crispy Sausage Links
Carrot Sticks
Fresh Empire Apple

Wednesday

3 SNACK

Thursday

4 BBQ Chicken
chicken coated in BBQ sauce
Whole Wheat Dinner Roll
Fluffy Mashed Potatoes
Baked Beans
Fresh Banana

Friday

5 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Caesar Salad
Diced Pear Cup

8 Cheese Ravioli with Tomato Sauce
baked ravioli in tomato sauce
Whole Wheat Dinner Roll
Sweet Corn
Fresh Orange

9 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Diced Tomatoes
Romaine Lettuce
Fresh Apple

10 SNACK

11 Meatball Hero
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella
Crispy Potato Puffs
Four Bean Salad
Pineapple Cup

12 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Cajun Roasted Broccoli
Fresh Banana

15

16

17 April Vacation Enjoy!

18

19

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

23 Fluffy Whole Grain Waffles
warm whole grain waffles
Crispy Sausage Links
Celery & Carrot Sticks w/ Low Fat Dressing
Fresh Apple

24 SNACK

25 Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Beans & Rice
Diced Tomatoes
Iceberg Lettuce
Pineapple Cup

26 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Spinach Salad
Fresh Banana

29 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Tomato Sauce Dip
Whole Wheat Dinner Roll
Crispy Potato Puffs
Garden Salad
Diced Peach Cup

30 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Diced Tomatoes
Romaine Lettuce
Refried Beans
Applesauce

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.



At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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.