



# Cubs' Café

## Food & Nutrition Department



## GRAB 'N GO-Grab 1 fruit & up to 2 vegetables (plus Milk) to create a meal!!!!

**Fresh Fruit, Vegetables, Hummus Offered:** Bagged Apples, mini apples, strawberries, green & red grapes, pineapples, pears, fruit cocktail, mini salad w/dressing, baby bagged carrots, mandarin oranges, cut whole oranges, watermelon (seasonal), peaches, bananas, applesauce, 100% juice – apple, grape, cranberry, orange (Choice of any two plus add a milk) Hummus cups also . Juice Boxes are offered 2 times per week and are 100% fruit. These will count as a fruit for the student. NSLP State

Regulations say that students must select 1 fruit **or** 1 vegetable to count as a reimbursable meal. If not selected “ala carte” Pricing applies. Choices could change without notice.

**Note: Students that qualify for a “Free & Reduced” Meal plan may select a meal from any of the (4) Stations.**

Families qualifying for reduced meals pay \$Free this school year (this includes the premium meals)

### STATION #1: Lion's Mane Lunch - Hot Sandwich Entrée Station Reduce Price \$free Student Meal: \$3.25

Entrée Only \$2.85 [www.southfayette.org](http://www.southfayette.org) under the Food Service Tab

Adult Meal Price: \$4.60 Adult Main Only \$3.55



Garden Barley & Rice patty on Bun



Cheeseburger or Hamburger on Bun



Grilled Chicken Sandwich on Bun



Hot Dog Meal



Breaded Chicken Sandwich

Your Student may add or decline their toppings. Student must add at least one item (fruit or veggie) to create a reimbursable meal from the Grab N GO.

Add a fruit and up to two vegetable (must take at least one item (Fruit or Vegetable) to count as a reimbursable meal. Milk is included with every meal

**\*Other Options** that may be offered: Grilled Cheese, Fish, Meatball Hoagie, Diced Chicken & Rice Wraps, and Chicken Hoagie

Options may change without notice. Have your child stop and see what is offered.

All students can make a meal from this station by adding at least one fruit to make a meal. Student who qualify for reduced meals pay \$.Free

## Station #2: Deli Station

**Turkey Wraps – Fresh Carved Turkey Meat in wrap (Lettuce/Tomato/Condiment Packets on side)**

Student can add 1 fruit, up to 2 veggie from the “Grab N Go” and Milk to create a Meal



Student Meal Pricing: \$2.80 Add Fruit/ up to 2 veggies and Milk

Student Main Only – Wrap \$2.20 ala carte

Adult Meal: \$4.60 Adult Main Entrée: \$3.55

**All students can make a meal from this station by adding at least one fruit to make a meal. Student who qualify for reduced meals pay \$. 40**

## STATION #3 - Pizza

- All students can make a meal from this station by adding at least one fruit to make a meal. Student who qualify for reduced meals pay \$. 40

Our blend of special cheeses (low fat skim mozzarella and shredded provolone), lightly tossed on our 51% White WG Dough – baked to perfection. We use Red Packs Nutritionally Enhanced Pizza Sauce - Yummy

Meal Priced at \$ 3.25 Pizza ala carte \$2.50

**Student add 1 fruit and up to 2 vegetables plus a Milk to create a \$ 3.25**

Adult Meal: \$4.60 Adult Slice of Pizza \$2.60 Adult Prem Main \$3.55



White Pizza with Fresh sliced Tomato



**Other Special Pizza Items could include Pepperoni Rolls, Buffalo Chicken Pizza and Mozzarella Cheese sticks. Items may change without notice.**



# Build Your Own Healthy Wrap or Healthy Salad

Reduced Price \$Free

**Station #4 Salad Bar/Wrap station:** Sold as a reimbursable meal. Students can create their own salad in our salad boat. Dressing packet included. The Salad Meal should include a serving of fruit or assorted vegetables to count as a Meal. **Veggie Wraps - Create your own veggie wrap/Hummus wrap from the salad bar**

**Proteins offered:** Diced Turkey, Ham, Eggs and Cheeses

**Adult Meal:** \$4.60

**Vegetarian Offerings:** Hummus, Tofu, Beans, and all assorted vegetables

**Student Meal Price:** \$3.25

**Note:** There are individual salads in the grab N Go that the students can select as one of their sides with their other meal choices.



Students may select a **wrap** from this station and make a veggie wrap. We offer assorted gourmet lettuce selections, spinach, diced tomatoes, cheese - diced or cubes, cucumbers, dice ham or turkey, carrots, broccoli, diced egg, mandarin fruit, applesauce, Yogurt, black olives, Hummus cups (may select 1), crackers up to 2-4 packs. Students are offered 2 Grains daily: Can be 2packs crackers, plus a wrap or a wrap plus a bag of snacks crackers.

## Fresh Fruits and Vegetables



**Grab N GO -** Students grab 1 fruit, up to 2 vegetable and Milk  
(Extra Side Items are \$.85 cents)



**Select One Fruit and up to 2 Veggies, Plus Milk**

12-16 Fresh Fruits and Vegetables to  
Choose from daily

How could you "NOT" Grab at least 1 item????

## Snacks Cart:

Snack Cart is offered after the students have had a chance to sit and consume their lunch. Our snacks meet the Healthy Hunger- Free Act 2010 Mandates for Smart Snacks Initiative. Include Assorted Chips \$ 1.25 Frozen Yogurts/sherbet, ice cream items are \$1.35 and juice boxes.

**Students that owe funds or go into a negative balance will not be able to charge snacks, seconds or any ala carte.**

## Questions:

Lisa Bonnaure – Middle School Kitchen Leader 412-221-4542 x227 email: labonnaure@southfayette.org

Free & Reduced Applications are due the first 30 school days to avoid interruption for the last school year. Applications can be accepted at anytime during the school year

Apply Online [www.schoolcafe.com](http://www.schoolcafe.com) or request a paper application.

Tricia Wood, MSLBE, BS, DTR, SNS, CSNC, CSCS, CWMS

Director of Food Services 724-693-3019

Or email [wood@southfayette.org](mailto:wood@southfayette.org)



### **SOUTH FAYETTE TWP SCHOOL DISTRICT** **Food & Nutrition Department**

Tricia Wood, Director of Food Services | (724) 693-3019

**APPLY ONLINE FOR FREE & REDUCED MEALS**  
at [www.schoolcafe.com](http://www.schoolcafe.com)

Avoid the paperwork - Apply online using a tablet,  
computer or smartphone type device.

Families that qualified for the National School Lunch Program this  
past school year have the first 30 days to submit a new application  
to avoid meal interruption heading into this new school year.

**Note:** A new application is required for each school year.  
(Submitted online or paper version.)

- Students qualifying for Reduced Lunch will pay \$0.40 for any meal offered (including tiered pricing meals).
- Students qualifying for Reduced Breakfast at the Middle School and High School will pay \$0.30.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

05/05/2022