



# Cubs' Café

## Food & Nutrition Department

2021 2022 School Year



### Grab N Go - Fresh Fruit, Vegetables

What comes with a meal? **Grab 1 fruit and Up to 2 vegetables (plus Milk) to create a meal!**

**Note:** NSLP State Regulations say that students must select 1 fruit **or** 1 vegetable to count as a reimbursable meal, if one item is not selected; it will be rung as ala carte pricing.

**Items Offered:** Bagged Apples, mini apples, cut 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. Selections may vary due to Covid restrictions, delivery and vendor options.

### STATION #1: Lion's Mane Lunch – see monthly menu on web site

See Menu for today lunch listing. [www.southfayette.org](http://www.southfayette.org) under the Food Service Tab

First Meal is free to students. Second Entrée only \$2.30



### Station #2: Pizza & Grrrrrrill Station

Student can add 1 fruit and veggie from the "Grab N Go" and Milk to create Meal



\* Cheese    \*White Pizza with fresh Tomatoes    \*Pepperoni

First Meal is free to students, Second Slice of Pizza \$1.95

## Station #3 Deli Cooler:

**WOW Butter & Jelly Meal** - Peanut Free - WOW butter with Jelly Sandwich on bread, string cheese, fruit, crackers or snack bag and up to 2 veggies plus Milk

**Yogurt Meal** – Yogurt, string cheese, grain snack bag or crackers, fruit and up to two veggies from the veggie garden cart plus Milk



**WOW Butter & Jelly Meal**

Select a fruit & Up to 2 veggies plus a milk

If your student does select a fruit/juice or vegetable, at least one item, they will be charge for a main entrée only at \$2.30



**Grab N Go Veggies/Fruits**



**Yogurt Meal/String Cheese**

Select a fruit & Up to 2 veggies plus a milk

Note: “More to Come” **Gourmet Salad** to arrive around October, **Deli Turkey Slicer Sandwich** to be added throughout the year. Student should look at the cooler to see what is being offered on any given day.

**ALA Carte – Snack Cart and Ice-cream Cart at Intermediate School** - Our snacks will be offered a few times a week. This is considered ala carte and payment is required. (Students must have funds on account or cash) Students are not permitted to “go in the negative on their account by charging snacks”. We encourage parents to send in funds to have on the child’s account if permitted to purchase snacks. Snack Price is .95 cents Our snacks meet the Healthy Hunger- Free Act 2010 Mandates for Smart Snacks Initiative.

**\*\* Note:** Students must have funds or a positive account balance in order to purchase a snack.

**Allergies:** Please submit a physician notes to your school nurse.

South Fayette Twp School district and the USDA are equal opportunity employers. See our school web site for the full non-discrimination statement

### Questions:

Ms. Judy Kirkpatrick, IS Kitchen Leader (412) 221-4542 x323 email: [jkirkpatrick@southfayette.org](mailto:jkirkpatrick@southfayette.org)

For Tour/Pricing Information/Nutritional Information - call or email the kitchen leader

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)

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [\(866\) 632-9992](tel:8666329992). Submit your completed form or letter 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;

(2) fax: [\(202\) 690-7442](tel:2026907442); or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

