



## Cubs' Café

### Food & Nutrition Department



### *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

Main Price: \$2.80

Premium Meal Price: \$3.25

Main Only- Ala Carte is \$2.20

Premium Ala Carte Entrée Only is \$2.85



### **Vegetarian BOCA Pattie on Bun - (Rice & Barley Pattie)**

\$3.25 Meal Premium

Prem Main Entrée \$2.85



**BOCA - Barley/Rice Pattie on BUN**  
**Add 1 fruit, up to 2 veggies and Milk**

## Station #2: Pizza & *Grilllllllll* Station

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



Meal Price is \$2.80    Ala Carte is \$2.20

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

Other Items may be offered throughout the Month either as a regular meal or Premium Meal \$3.25    Prem Main Only \$2.85

Teacher Meal \$4.60    Teacher Slice of Pizza \$2.60

## 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    \$2.80

🌈 **Yogurt (Kosher) Meal** – Yogurt, string cheese, grain snack bag or crackers, fruit and up to two veggies from the veggie Grab N Go, plus Milk    We use UPSTATE FARMS Yogurt - it is Kosher    \$2.80

🌈 **Turkey Deli Sandwich Slider Meal** -- Thin Sliced Turkey, select fruit, up to two veggies and Milk    \$2.80

🌈 **Gourmet Salad Meal** – Assorted lettuces, spinach, Hardboiled Egg, String Cheese - Wrapped Individually, Grain, add fruit, crackers, veggies, dressing packet and Milk    \$3.25



**Grab N Go Veggies & Fruits**



**Tossed Salad Meal**



**Turkey Deli Sandwich with String Cheese Meal**





### WOW Butter & Jelly Meal

Select a fruit & Up to 2 veggies plus a milk



### Yogurt Meal/String Cheese

Select a fruit & Up to 2 veggies plus a milk

Student need to select at least one fruit OR 1 vegetable to create a "Value Reimbursable Meal".

**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 Ice-cream TREAT \$1.25**

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

### Non-Discrimination Statement

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (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. 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; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



This institution is an equal opportunity provider.

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