



Cubs' Café

Food & Nutrition Department



Grab N Go - Fresh Fruit, Vegetables

Grab 1 fruit & up to 2 vegetables (plus Milk) to create a meal!!!!

Offered Daily: 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 (Choice of any two plus add a milk) Hummus cups also . These will count as a fruit for the student. NSLP State Regulations state that students **must select 1 fruit or 1 vegetable** to count as a reimbursable meal.

STATION #1: *Lion's Mane Lunch*

To get the monthly menu: www.southfayette.org under the Food Service Tab See Menu for today lunch listing.

One meal is free to students from this station – check monthly menu Student must select at least a fruit or one vegetable to create a reimbursable meal. If a fruit or a vegetable is not select, ala carte pricing is applied.

ALSO Offered: **Our Meatless Meal: Yogurt/Fruit Cup/String Cheese/Grain Meal**

Gourmet Salad Meals and WOW Butter & Jelly Meals are offered. Also Vegetarian Burger Meals

See the Nutrition Staff for questions.

Students can add up 2 vegetables and Milk Grains Offered: crackers or animal cookies or dessert based grain)

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



STATION #2 - Pizza -

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 Paks Nutritionally Enhanced Pizza Sauce - Yummy Meals are free to students daily. Students may select one meal (choice of station 1 or station 2). One free lunch per day per student. Second Slice is \$1.95

Student add 1 fruit and up to 2 vegetables plus a Milk to create a meal



Cheese/Pepperoni



White Pizza with Fresh sliced Tomato



Other Special Pizza Items could include Pepperoni Rolls, Buffalo Chicken Pizza, and Mozzarella Cheese sticks

Fruit & Veggie Bar: Due to COVID we will not be offering an open salad bar, however, will be offering our fruits and vegetables that will accompany our

Fresh Fruits and Vegetables

meals in this section.

Grab N Go – Students grab 1 fruit, up to 2 vegetable and Milk
15 Fresh Fruits and Vegetables offered Daily



NEW Station- *The LION's PACK*: (Each student will receive a free breakfast/snack back from this station)

The Lion Pack will offer FREE SNACK/Breakfast Packs: This station offered a Snack type (breakfast snack) Item PACK- "free" for all students. It will be opened from breakfast around 8AM. Students can select a snack/breakfast type bag with fruit/Juice and Milk or students can place the bagged items in their back pack to take home. This station will feature bagel w/jelly and butter, Breakfast items, Muffin tops, Cereal Bar, Cereal Assorted, etc. One Free Breakfast /Snack Bag per student per day.

Snacks Cart & Ice-cream: Chargeable

We will offer snacks and novelty ice-cream items daily. These are not included in the free breakfast and free lunch program. Snacks are offered after the students have had a chance to sit and consume their lunch. Snacks are \$.95 cents our snacks meet the Healthy Hunger- Free Act 2010 Mandates for Smart Snacks Initiative. Ice Cream items: Frozen Yogurts/sherbet, ice cream items, and juice boxes .95 cents

Questions:

Ms. Lisa Bonnaure – Middle School Kitchen Leader 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 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

Our Web Site:

www.southfayette.org Click on the Food Service Tab