



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.

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

See Menu for today lunch listing. Reduced Price: \$ Free this year

www.southfayette.org under the Food Service Tab Premium Meal Price: \$3.25

Main Price: \$2.80 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



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



Prem Main Entrée \$2.85



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 \$3.25 Ala Carte is \$2.50 Reduced Price is \$ Free this school year

* Cheese Pizza *Pepperoni Pizza *Stuff Crust 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:

Reduced Price is ~~\$3.40~~ for any meal (Free this school year)

✚ **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 \$3.25

✚ **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 several times per 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 \$1.20 cents **Ice-cream TREAT \$1.35**

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

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

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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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, 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.



This institution is an equal opportunity provider.

Tricia Wood, MSLBE, BS, DTR, SNS, CSNC, CSCS, CWMS Director of Food Services 724-693-3019 or email wood@southfayette.org