SOUTH FAYETTE INTERMEDIATE SCHOOL - McDonald, PA 412-221-4542 x323

Cubs' Café

Food & Nutrition Department

2019-2020 School Year

Grab N Go - Fresh Fruit, Vegetables, Hummus

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 . Slushy (by Slush Puppy) 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 one item is not selected; it will be rung as ala carte pricing.

STATION #1: Lion's Mane Lunch - See Menu on Web Site

See Menu for today lunch listing. Regular Meals are $2.40; Premium Meals are $2.65, $2.85 (Entrée Only $2. Premium Entrée Only $2.30)

MENU POSTED ON WEB SITE !! www.southfayette.org under the Food Service Tab

Also Daily – at this station Vegetarian Burger (barley, rice) Vegetarian Meal $2.85
(Premium Sandwich ala carte $2.30)

Station #2: Deli Station-Deli Creations

Freshly Made Daily - Deli Creations -

Student can add 1 fruit, up to 2 veggie from the "Grab N Go" and Milk to create a $2.40 Deli Meal

State Guidelines: Must select 1 fruit or 1 vegetable to count as a reimbursable meal.

Yogurt/Fruit Cup/String Cheese/Grain Meal

$2.65 Meal: students can add 1 Fruit, 2 vegetables and Milk
(Premium Main Entrée Only: $2.30 – yogurt/string/cheese/Grain)
(Grains Offered: crackers or animal cookies or dessert based grain)

Turkey Slider Meal – Add Fruit/ up to 2 veggies and Milk

$2.65 for Meal (ala carte sandwich/string cheese- Prem Main Entrée only $2.30.)

Sliced Fresh Daily

(Extra Grain offered with Turkey Slider)

WOW Butter & Jelly Meal/String Cheese $2.40 (Sandwich ala carte – Main Only $2.)

Notice: All Meals - ADD 1 fruit, up to 2 vegetables from the Grab N Go plus add Milk - Students must add at least one fruit or vegetable to qualify as a reimbursable meal. If no fruit or vegetable is selected, ala carte pricing applies (according to regulations)

STATION #3 - 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 ***Nutritionally Enhanced Pizza Sauce*** – Yummy

Pizza Meal Priced at $2.40 Pizza Slice ala carte $1.95

Student add 1 fruit and up to 2 vegetables plus a Milk to create a $2.40 Meal

Specials Include: Pepperoni Rolls, Mozzarella Cheese Sticks

***Cheese *Pepperoni**

*** White Pizza with Fresh Tomatoes**

Fresh Fruits and Vegetables

Grab N Go –

Students can select 1 fruit, up to 2 vegetable and Milk

(Extra Side Items are .60cents)

PICK TWO

16-21 Fresh Fruits and Vegetables to Choose from daily

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

Snacks Cart: Offered 1 time per week

Snack Cart is offered after the students have had a chance to sit and consume their lunch. Snacks are .85 cents

Our snacks meet the Healthy Hunger- Free Kids Act 2010 Mandates for Smart Snacks Initiative. Include Assorted Chips, Frozen Yogurts/sherbet, ice cream items, and juice boxes.

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

Questions:

Judy Kirkpatrick – IS School Kitchen Leader (412) 221-4542 x323 email: jkirkpatrick@southfayette.org

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

Note to Parents: Please review each meal selection with your students and encourage them to select a "full" meal at a valued price. If they select a "second meal", state regulations require that all seconds are to be rung up as ala carte.