

South Fayette Twp Middle School April 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>To Create a Full Meal, students go to the Grab 'N Go and grab a Fruit, vegetable and Milk (students must take at least 1 fruit OR 1 veggie to make a meal) Just one item with their main entrée to count as a meal.</p> <p style="text-align: center;">Student Price \$2.80, \$3.25 Main Only \$2.20 Prem Main Only \$2.60</p> <p style="text-align: center;">Adult: \$4.60 Adult Main \$3.55</p> | <p style="text-align: center;">Pricing:</p> <p>Main Station #1 Premium Price Price \$3.25</p> <p>Station #2 Regular Meal Price \$2.80</p> <p>Station #3 Regular Meal Price: \$2.80</p> <p>Station #4 Premium Meal Price Price: \$3.25</p> | <p>Salad Station - Premade Salads – add fruit veggies and Milk Choice of Dressings</p> <p>Wrap Station: Our new Salad Meals offers Meatless Options: Hummus, Diced Eggs, Tofu Others Proteins offered: Diced Chicken, Assorted Cheese Grains offered: Wrap /Crackers</p> <p style="text-align: center;">Students add Milk, Fruit and up to two veggies to create a meal.</p> | <p>NEW Station Nacho Grande Station - Chicken – Diced Refried Bean w/ salsa Ground beef Nacho Cheese</p> <p style="text-align: center;">Toppings: Jalapeno peppers, lettuce, diced tomato, salsa, sour cream, black olives, shredded cheddar or pepper jack cheese Add Fruit and Milk</p> | <p>Complimentary Breakfast “FREE” prior to school day starting for All Students</p> |

PARENT SERVICES:
Check your Child’s Lunch Balance, Purchasing habits on Phone: Anytime!!!!

*Auto Replenish to student account

*Get LOW Balance Notification

*Deposit Funds SIGN UP www.MySchoolBucks.com
Free to view
Use Student ID Number or Birth date

DAILY Stations Offered

- Station #1:** This Menu features Lion’s Mane Station
STATION #2 Deli – STATION – assorted station
Station #3 Pizza Meal Station- Assorted Selections
Station #4 Salad Bar – Premade Salad Meal or Nacho Grande Station \$3.25

Breakfast is “Free” for all students

| Offered Daily | Offered DAILY | | | |
|--|---|--|---|---|
| <p>April 1st</p> <p style="font-size: 1.5em; font-weight: bold;">No School</p> | <p>2 \$3.25</p> <p>Buffalo Chicken Pizza- fruit, veggie and Milk Or</p> <ul style="list-style-type: none"> • Pizza Station • Deli Meal • Yogurt Meal Today - • No Salad Meal | <p>3 \$3.25</p> <p>Chicken Patty Sandwich on Bun with Fries, fruit and Milk Or</p> <ul style="list-style-type: none"> • Pizza Station • Deli Meal • Yogurt Meal Today – • NO Salad Meal | <p>4 \$3.25</p> <p>Slider Station: *Hot Dog on bun with Potato in a (boat) or *Cheeseburger on bun or</p> <ul style="list-style-type: none"> • Pizza Station • Nacho Grande Bar - (at the salad bar) • Salad – Premade Salads | <p>5 \$3.25</p> <p>Maxx’s Dipping Sticks with marinara dipping sauce (Meatless) Add: Fruit, Veggie and Milk Or</p> <ul style="list-style-type: none"> • Pizza Station • Nacho Grande Bar - • Salad Meal – Premade • Deli Meal |
| <p>8th</p> <p style="font-size: 1.2em; font-weight: bold;">1/2 Day Early Dismissal Eclipse Day Breakfast Only</p> <p style="font-weight: bold;">No Lunch</p> | <p>9th \$3.25</p> <p>Chicken Strips with Potato, fruit, veggie and Milk Or</p> <ul style="list-style-type: none"> • Nacho Grande Bar (at the salad bar station) • Pizza Station • Salad Meal –premade | <p>10th</p> <p style="font-size: 1.5em; font-weight: bold; text-decoration: line-through;">Senior Exist Interview Only</p> <p style="font-size: 1.5em; font-weight: bold; text-decoration: line-through;">No School</p> | <p>11 \$3.25</p> <p>Pasta with Meat sauce or Spaghetti sauce, garlic stick, steamed veggie, fruit and Milk Or</p> <ul style="list-style-type: none"> • Pizza Station • Nacho Grande Bar • Salad Meal – premade • Deli Station | <p>12 \$3.25</p> <p>Cheeseburger on Bun, Potato, Fruit, veggie and Milk Or</p> <ul style="list-style-type: none"> • Pizza Station • Salad Meal – premade • Deli Station • Nacho Grande Bar |
| <p>15 \$3.25</p> <p>Chicken Patty Sandwich on Bun or Spicy Chicken Patty Sandwich Add: Fruit, Veggie and Milk Or</p> <ul style="list-style-type: none"> • Pizza Station • Deli Stations • Salad Bar - Premade Salads | <p>16 \$ 3.25</p> <p>Breaded Chicken Nuggets, fruit, veggies, Potato, and milk Or</p> <ul style="list-style-type: none"> • Salad Bar – Premade Salads • Pizza Station • Deli Selections • Nacho Grande Bar | <p>17 \$3.25</p> <p>Mike’s Cheesy Bagel Bites, fruit, steamed vegetables and Milk Or</p> <ul style="list-style-type: none"> • Nacho Grand Bar (at Salad Bar station) • Pizza Station • Deli Selections Salad Meal | <p>18</p> <p style="font-size: 1.5em; font-weight: bold; text-decoration: line-through;">1/2 Day Breakfast ONLY</p> | <p>19</p> <p style="font-size: 1.5em; font-weight: bold; text-decoration: line-through;">NO SCHOOL STAFF Development</p> |
| <p>22 \$3.25</p> <p>Slider Station: Maxx’s Dipping Sticks and dipping sauce, steamed veggie Add: Fruit, Veggie and Milk OR</p> <ul style="list-style-type: none"> • Salad Bar: Premade • Deli Station • Pizza Station | <p>23 \$3.25</p> <p>Home-styled Meal Oven Roasted Turkey with Mashed Potato, Corn, cornbread, fruit, Milk OR</p> <ul style="list-style-type: none"> • Nacho Grande Bar (at Salad Bar station) • Pizza Station • Deli Selections • Salad Meal | <p>24 \$3.25</p> <p>Grilled Cheese with Tomato Soup, fruit, veggie and Milk OR</p> <ul style="list-style-type: none"> • Nacho Grande Bar (at Salad Bar station) • Pizza Station • Deli Station • Salad Premade | <p>25 \$3.25</p> <p>French Toast, Syrup, potato, String cheese (1) , fruit and Milk Or</p> <ul style="list-style-type: none"> • Nacho Grande Bar (at Salad Bar station) • Pizza Station • Deli Station • Salad Premade | <p>26</p> <p style="font-weight: bold;">Chef’s Choice - TBA</p> |
| <p>29 2 hr Late Start \$3.25</p> <p>*Spicy Chicken Breast Sandwich *Grilled Chicken Breast Sandwich – Not breaded</p> <ul style="list-style-type: none"> • Salad Bar: Premade • Deli Station • Pizza Station | <p>30th \$3.25</p> <p>Pancakes, sausage or Yogurt (meatless Kosher), fruit, hash browns, veggie and Milk</p> <ul style="list-style-type: none"> • Nacho Grande Bar (at Salad Bar station) • Pizza Station • Deli Station • Salad Premade | | | |

Note: **Upstate Farms** Yogurt is free of Gelatin and is kosher Please visit School Café’s web site www.schoolcafe.com to apply for Free & Reduced Benefit Meal Plan. **School café** is a tool for applying for Free & Reduced Benefit meals. We will continue to use Heartland’s [Myschoolbucks](http://Myschoolbucks.com) to deposit funds (on-line) into our student’s lunch accounts.

Call Middle School Kitchen Leader: Ms. Lisa Bonnaure for information 412-221-4542 x227


Please visit our Food Service web site under the food service tab for information explaining “Everything You Need to Know” Please see our student handbook for School Board approved charging policies.

Complimentary (Free) Breakfast for all students Daily



Middle School Breakfast Menu

Come Join our Breakfast Club for a “FREE” Breakfast.

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|---|--|---|--|---|
| <p>Cinnamon Toast Crunch Cereal Bowl</p> <p>or</p> <p>Otis Spunkmyer Muffin Blueberry or Chocolate Chip</p> <p>Add Chilled MILK</p> <p>Add: Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> 🍏 Apple Juice 🍊 Orange Juice 🍌 Chilled Fruit Cup 🍎 Fresh Fruit | <p>Dunkin Breakfast Stix - Pack of 2</p> <p>or</p> <p>Cocoa Puffs Cereal Bowl</p> <p>Add Chilled Milk</p> <p>Add: Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> 🍏 Apple Juice 🍊 Orange Juice 🍌 Chilled Fruit Cup 🍎 Fresh Fruit | <p>Poptart Choice of Strawberry or Frosted Fudge</p> <p>Or</p> <p>Cinnamon Toast Crunch Cereal Bowl</p> <p>Add Chilled Milk</p> <p>Add: Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> 🍏 Apple Juice 🍊 Orange Juice 🍌 Chilled Fruit Cup 🍎 Fresh Fruit | <p>Donut Day Mini Donut Pack: Chocolate or Powdered Donuts</p> <p>Or</p> <p>Donut Pull-a-Part (flower shaped lightly glazed donut)</p> <p>Or</p> <p>Cocoa Puff Cereal Bowl</p> <p>Add Chilled Milk</p> <p>Add: Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> 🍏 Apple Juice 🍊 Orange Juice 🍌 Chilled Fruit Cup 🍎 Fresh Fruit | <p>Mini Loaf – Chocolate Chip or assorted flavors</p> <p>Or</p> <p>Cinnamon Toast Crunch Bowl or Cocoa Puff Cereal</p> <p>Add Chilled Milk</p> <p>Add: Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> 🍏 Apple Juice 🍊 Orange Juice 🍌 Chilled Fruit Cup 🍎 Fresh Fruit |  <p>Nourishing the Minds for a Better Learning Day.</p> |

Complimentary Breakfast for **All** Students - Prior to the first bell.

TRICIA WOOD
Director of Food Services

📞 412.221.4542, ext. 279
✉ pawood@southfayette.org

**FUTURE-FOCUSED
STUDENT-CENTERED
INNOVATION-DRIVEN**





Middle School Breakfast “Free” Buffet

First, Students can select a Breakfast Grain - Select one

Take up to 2 fruits (juice counts as a fruit, however, students can only select one juice per day)

Your CHOICE can be 1 fruit, 1 juice (both)
 OR two fruit (and no juice)
 OR just 1 juice
 OR 1 fruit

Students cannot choose 2 juices. Students must take at least (1) item from the fruit station to make a free breakfast. If they don't take at least one item from the juice/fruit station, they will be charged ala carte pricing - PA regulations.



Add Milk - Only if you are going to drink it. You are NOT required to take a MILK

Please don't waste – if you don't think you will drink it, please don't take it.

Thank you

USDA Nondiscrimination Statement

For all other FNS nutrition assistance programs, state or local agencies, and their sub recipients, must post the following Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.