


# South Fayette Twp Middle School May & June 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>Student Price \$2.80, \$3.25 Main Only \$2.20 Prem Main Only \$2.60</p> <p>Adult: \$4.60 Adult Main \$3.55</p>	<p>Pricing: 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 <span style="color: red;">Ⓜ</span></p> <p>Station #4 Premium Meal Price: <del>\$3.25</del> <span style="color: red;">Ⓜ</span></p>	<p>Salad Station - Premade Salads - add fruit veggies and Milk Choice of Dressings 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>Students add Milk, Fruit and up to two veggies to create a meal.</p>	<p><b>NEW Station Nacho Grande Station -</b> <b>Chicken - Diced, Refried Bean w/ salsa Seasoned Taco -Ground beef - Nacho Cheese</b></p> <p>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>	
<p><b>PARENT SERVICES:</b> Check your Child's Lunch Balance, Purchasing habits on Phone: Anytime!!!!</p> <p>*Auto Replenish to student account</p> <p>*Get LOW Balance Notification</p> <p>*Deposit Funds <b>SIGN UP</b> <a href="http://www.MySchoolBucks.com">www.MySchoolBucks.com</a> Free to view Use Student ID Number or Birth date</p>			<p><b>DAILY Stations Offered</b></p> <p><b>Station #1:</b> This Menu features Lion's Mane Station \$3.25 <b>STATION #2</b> Deli - STATION - assorted station \$2.80 <b>Station #3</b> Pizza Meal Station- Assorted Selections \$2.80 <b>Station #4</b> Salad Bar - Premade Salad Meal or Nacho Grande Station \$3.25</p>		
<p>Offered Daily</p>	<p style="text-align: center;"><b>Offered DAILY</b></p> <ul style="list-style-type: none"> <li>• Pizza Station -</li> <li>• Deli - Assorted items offered</li> <li>• Salad Bar</li> <li>• Nacho Grande Bar - Create your own Nacho Platter.</li> </ul>			<p style="text-align: center; color: blue; font-size: 1.2em;"><b>Breakfast is "Free" for all students</b></p>	
		<p>Wednesday May 1 <b>Maxx's Dipping Sticks - Dipping Sauce</b>, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	<p>2 <b>Chicken Nuggets</b>, Potato, Fruit, Veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal</p>	<p>3 <b>Macaroni &amp; Cheese, Garlic Stick</b>, Fruit, Veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal</p>	
<p>6 <b>Cheeseburger or Hamburger on bun</b>, potato, fruit and Veggie, Milk</p> <p>Deli Meal Salad Meal Pizza Station</p>	<p>7 <b>Mini Pancakes, sausage or yogurt</b> (meatless), fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	<p>8 <b>Chicken Patty Sandwich on Bun</b>, Potato, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	<p>9 <b>Home-Styled Turkey Meal with Mashed Potato</b>, roll, fruit, steamed veggie and Milk</p> <p>Pizza Station Salad - Premade Salads Deli Meal -</p>	<p>10 <b>Chicken Strips, Potato</b>, Fruit, Veggie and Milk</p> <p>Pizza Station Salad - Premade Salads Deli Meal -</p>	
<p>13 <b>Chicken Wrap</b> - diced chicken with cheddar cheese in wrap, cheddar cheese, steamed veggie, fruit, Milk</p> <p>Deli Meal Salad Meal Pizza Meal</p>	<p>14 <b>Cheeseburger on Bun</b>, Fruit, Potato, baked beans 1/4c, Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	<p>15 <b>General TSO Orange Chicken</b>, steamed veggie, fruit and Milk</p> <p>Pizza Station Nacho Grande Bar Deli Meal</p>	<p>16 <b>Chicken Patty Sandwich on Bun</b>, Potato, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Deli Meal -</p>	<p>17 <b>Sloppy Joe on Bun</b>, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	
<p>20 <b>Chicken Nuggets</b>, potato, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	<p>21 <b>Buffalo Chicken Pizza</b>, fruit veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	<p>22 <b>Bagel Bites</b>, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal -</p>	<p>23 <b>Pasta with sauce or meat sauce</b>, roll, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Deli Meal</p>	<p>24 <b>Chicken Patty Sandwich</b> Potato, fruit, veggie and Milk</p> <p>Pizza Station Nacho Grande Bar Deli Meal</p>	
<p style="text-align: center; font-size: 1.5em;"><b>NO SCHOOL</b></p>	<p>28 <b>Chef's Choice</b></p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal</p>	<p>29 <b>Macaroni &amp; Cheese, chicken strip</b> (1), fruit, veggie, Milk Small Snack Bag</p> <p>Pizza Station Nacho Grande Bar Deli Meal</p>	<p>30 <b>Chef's Choice</b></p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal</p>	<p>31 <b>Chef's Choice</b></p> <p>Pizza Station Nacho Grande Bar Salad - Premade Salads Deli Meal</p>	
<p><b>June 2024</b> 3<sup>rd</sup> <b>Chef Choice TBA</b></p> <p>Pizza Station Salad - Premade Salads Deli Meal</p>	<p>4<sup>th</sup> <del>1/2 day Early Dismissal</del> <del>No Lunch</del> <b>Breakfast Served ONLY Free</b></p>	<p>5<sup>th</sup> <b>Have A Safe and Wonderful SUMMER</b></p> 	<p style="text-align: center;"><b>Please Pay off all Cafeteria Debts - Report Cards are going to be issued soon. All debts must be paid in FULL.</b></p>		

Note: **Upstate Farms** Yogurt is free of Gelatin and is kosher Please visit School Café's web site [www.schoolcafe.com](http://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><b>Cinnamon Toast Crunch Cereal Bowl</b></p> <p>or</p> <p><b>Otis Spunkmyer Muffin</b> Blueberry or Chocolate Chip</p> <p><b>Add Chilled MILK</b></p> <p><b>Add:</b> Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> <li>🍏 Apple Juice</li> <li>🍊 Orange Juice</li> <li>🍌 Chilled Fruit Cup</li> <li>🍎 Fresh Fruit</li> </ul>	<p><b>Dunkin Breakfast Stix - Pack of 2</b></p> <p>or</p> <p><b>Cocoa Puffs Cereal Bowl</b></p> <p><b>Add Chilled Milk</b></p> <p><b>Add:</b> Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> <li>🍏 Apple Juice</li> <li>🍊 Orange Juice</li> <li>🍌 Chilled Fruit Cup</li> <li>🍎 Fresh Fruit</li> </ul>	<p><b>Poptart</b> <b>Choice of Strawberry or Frosted Fudge</b></p> <p>Or</p> <p><b>Cinnamon Toast Crunch Cereal Bowl</b></p> <p><b>Add Chilled Milk</b></p> <p><b>Add:</b> Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> <li>🍏 Apple Juice</li> <li>🍊 Orange Juice</li> <li>🍌 Chilled Fruit Cup</li> <li>🍎 Fresh Fruit</li> </ul>	<p><b>Donut Day</b> Mini Donut Pack: Chocolate or Powdered Donuts</p> <p>Or</p> <p><b>Donut</b> Pull-a-Part (flower shaped lightly glazed donut)</p> <p>Or</p> <p><b>Cocoa Puff Cereal Bowl</b></p> <p><b>Add Chilled Milk</b></p> <p><b>Add:</b> Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> <li>🍏 Apple Juice</li> <li>🍊 Orange Juice</li> <li>🍌 Chilled Fruit Cup</li> <li>🍎 Fresh Fruit</li> </ul>	<p><b>Mini Loaf – Chocolate Chip or assorted flavors</b></p> <p>Or</p> <p><b>Cinnamon Toast Crunch Bowl or Cocoa Puff Cereal</b></p> <p><b>Add Chilled Milk</b></p> <p><b>Add:</b> Choose Two (2) Items, but only 1 may be juice</p> <ul style="list-style-type: none"> <li>🍏 Apple Juice</li> <li>🍊 Orange Juice</li> <li>🍌 Chilled Fruit Cup</li> <li>🍎 Fresh Fruit</li> </ul>	 <p><b>Nourishing the Minds for a Better Learning Day.</b></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](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.