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.

NOTE TO Parents: Please review this pamphlet with your student so they know how to select a “full meal”, this is the best value.  State Regulation: Schools are no long permitted to ring seconds as “second meals” and must ring these items as ala carte

STATION #1: Lion’s Mane Lunch

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)

See Our Web Site for MONTHLY MENU  www.southfayette.org under the Food Service Tab

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

Also Daily: Vegetarian Burger (barley, rice) is available at the Mane Station. Vegetarian Meal is $2.85
Station #2: Deli Station - CREATE YOUR OWN DELI CREATION

Bread: Wraps, whole wheat, 12 grain, bun, white Italian Bread, Pretzel Bun, 6 inch hoagie bun, lettuce, tomato, pickles slices
Choice of Cheese, Choice of Meats, Choice of condiments (lettuce, tomato, mayo, and mustard - included in price)
Deli Meal is $2.40 - $2.65 (Ala Carte Sandwich Only $2.00-Premium Ala carte Sandwich ONLY -$2. 30) Side Cup of Fruit/Vegetable $.65 cents
Student can add 1 fruit, up to 2 veggie from the “Grab N Go” and Milk to create a Meal

Create your own Wrap or Sandwich Meal

Create your own Wrap or Sandwich Meal

Turkey or Ham Wrap, Fruit, 2 veggies and Milk

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)
(Grains Offered: crackers or animal cookies or dessert based grain)

OUR Meatless Meal – String cheese, Yogurt, fruit, (2) vegetable, Crackers/零食包, Milk $2.65 for Meal

WOW Butter & Jelly Meal/String Cheese

$2.40 (Sandwich/String Cheese a la carte $2.)
Notice: All Meals - ADD 1 fruit, up to 2 vegetables and Milk - Students must add at least one fruit or one vegetable to qualify as a reimbursable meal. If no fruit or vegetable is selected, ala carte pricing applies (according to regulations). Schools are not permitted to ring second meals. All seconds must be rung as ala carte pricing.

**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 Red Packs Nutritionally Enhanced Pizza Sauce - Yummy

Meal Priced at $2.40   Pizza Slice main entrée - $1.95

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

**Cheese/Pepperoni**

**White Pizza with Fresh Sliced Tomato**

Other Special Pizza Items could include Pepperoni Rolls, Buffalo Chicken Pizza, French Bread Pizza, Stuff Crust and Mozzarella Cheese sticks

**Salad Bar:** This is not sold as a meal; however, it is weighed and sold as ala carte at .35cents per oz. There are individual salads in the grab N Go that the Students can select as one of their sides with their meal.
**Grab N Go**

*Students grab 1 fruit, up to 2 vegetable and Milk*  
(Extra Side items are .65 cents)

**PICK Two**

16-21 Fresh Fruits and Vegetables to Choose from daily

How could you “NOT” Grab at least 1 item????

Our 100% frozen Slush Puppie - fruit frozen Slush is counted as a “Fruit” towards the meal plan and is sold only 2 days a week. Students need to take at least one (fruit or vegetable) to qualify for a reimbursable meal.

**Snacks Cart:**

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 Act 2010 Mandates for Smart Snacks Initiative. Include Assorted Chips, Frozen Yogurts/sherbet, ice cream items, and juice boxes. **New WHIRLZ Yogurt/Fruit Smoothies by Barfresh** – Juice Bar 100% Fruit/Yogurt/Dairy. Students are not permitted to “charge” snacks on their account. Funds must be on the account.

**Questions:**

Judy Howcroft – Middle School Kitchen Leader x227  
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For Tour/Pricing Information/Nutritional Analysis - call 412-221-4542

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](http://www.schoolcafe.com) or request a paper application.

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