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:

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Director of Food Services   724-693-3019
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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.