### Daily Choices at Each Station

<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Choice #1 This menu</td>
<td><strong>South Fayette Twp</strong> Middle School Lunch Menu</td>
<td><strong>March 2020</strong> 5 Main Lunch choices offered daily in our FOOD COURTS</td>
<td>Meal Pricing: Regular Meal $2.40 Premium $2.65, $2.85 Staff Meals $3.50 Yogurt Meatless Meals $2.60 Vegetarian Meal $2.85 Gluten Free Meal $2.65</td>
<td>Pricing: Student Reduced Meal $.40 Staff Main Entrée Only - $2.45 Staff Main Prem Entrée Only - $2.95 Staff Meals $3.50</td>
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<td>Choice #2 Pizza Station Meal $2.40</td>
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<td>Choice #3 Deli Station Meal $2.40</td>
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<td>Choice #4 Vegetarian Burger Meal $2.85</td>
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<td>Choice #5 Yogurt/String Cheese/Meatless Meat $2.65</td>
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<td>Choice #6 Gluten Free Meal $2.85 (prearranged)</td>
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Students choose up to (2) two Fresh vegetables and/or hummus from the Grab N Go Coolers.

Choices Vegetable: cucumbers, baby red tomatoes, broccoli with mini ranch dipping sauce, assorted yellow/red peppers, celery with wow butter, hummus cup, mini tossed salad

Students select (1) one fruit per day. 16-21 Fruit fruit/vegetables/juice offered each day and Milk

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**Monday March 2**

- **Burger Buffet**
  - Hamburger or Cheeseburger, Potato, Fruit, Vegetable and Milk Choice
  - 3 Premium Meal $2.85
    - Mini Corn Dog Bites, Potato, Vegetable, Fruit and Milk
  - 4 Premium Meal $2.85
    - Hot Dog on Bun, Baked Beans, Baked Potato, Fruit and Milk
    - Treat Snack
  - 5 Premium Meal $2.85
    - Mozzarella Cheese Sticks (5) with Dipping Sauce
    - Fruit, Vegetable and Milk Choice
  - 6 Premium Meal $2.65
    - Toasted Grilled Cheese Sandwich, bowl of Tomato Soup, fruit, vegetable and Milk Choice

**Meatless Friday**

- 9 Premium Meal $2.85
  - Meatlball Hoagie on Cellone's Bun topped with shredded mozzarella cheese, fruit, vegetable and Milk Choice
  - 10 Premium Meal $2.85
    - Grande Boat of Nacho Chips with Taco Seasoned Meat, Shredded Cheese & Lettuce, diced tomato, salsa
    - Fruit, vegetable and Milk
  - 11 Premium Meal $2.85
    - 6 inch French Bread Pizza
    - Fruit, Vegetable and Milk Choice
  - 12 Premium Meal $2.85
    - Lings General TSO or Orange Chicken, Rice, Fruit, Steamed Veggie and Milk Choice
  - 13 Fish Sticks & potato Boat, fruit, vegetable and Milk
  - Tartar sauce
    - Pudding Cup – Chocolate or Vanilla

**16 2 Hour Late Start**

- Premium Meal $2.85
  - **Deep Dish Pizza**
    - Fruit, Vegetable and Milk Choice
    - Pack of Gushers
  - 17 Premium Meal $2.85
    - Lion's Double Burger on Bun
    - Shredded Lettuce, Tomato, Potato, Fruit, Vegetable and Milk Choice
  - 18 Premium Meal $2.85
    - Chicken Nuggets, Roll or Pretzel Rod or Snack Bag, Fruit, Potato or Vegetable and Milk Choice
  - 19 Premium Meal $2.85
    - Chicken Patty Sandwich on Bun, Potato, Fruit, Vegetable and Milk Choice
  - 20 Premium Meal $2.85
    - Pancake Rounds with Powdered sugar & syrup, scramble Eggs w/cheddar cheese, Fruit, Vegetable and Milk Choice
    - MEATLESS FRIDAY

**23 NO SCHOOL**

- Staff Development
  - 24 Premium Meal $2.85
    - Chicken Strips Macaroni and Cheese, fruit, vegetable and Milk Choice
  - 25 Premium Meal $2.85
    - Mini Cheese Pizza Bagel Bites, Potato, Fruit, Vegetable and Milk Choice
  - 26 $2.65
    - French Toast Sticks, Scramble Bravaganza (bacon, sausage, cheese)
    - Syrup cup, Fruit, Vegetable and Milk Choice
  - 27/Premium Meal $2.85
    - Wild Mikes Cheesy Bread with Dipping sauce, fruit or Sorbet Cup, vegetable and Milk Choice

**30th**

- Premium Meal $2.85
  - **5 Boneless Wings & Springs, curly fries.**
    - fruit, vegetable and Milk Choice
  - 31st Premium Meal $2.85
    - **BUNNY Breakfast**
      - April 4th at High School

**3rd**

- Premium Meal $2.85
  - **5 Boneless Wings & Springs, curly fries.**
    - fruit, vegetable and Milk Choice

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**www.myschoolbucks.com**

Please check your child’s cafeteria account and purchasing habits.

Convenience PAY –On Line Service for Parents

**Convenience PAY On LINE!!!!!**

We value your time.
South Fayette Twp Middle School Lunch Program  March 2020

Please visit School Café’s web site www.schoolcafe.com to apply for Free & Reduced Benefit Meal Plan.
Please visit “My School Bucks” web site at www.myschoolbucks.com to apply view your child’s purchasing habits and balance.
Call Intermediate School Kitchen Leader: Judy Kirkpatrick for information 412-221-4542 x323
Middle School Kitchen Leader: Judy Howcroft for information 412-221-4542 x227

Each student did receive a Nutrition Packet and “Tour” packet on the first day of school. If you would like to request a “tour” packet, please phone the kitchen leader (listed above)

Please see our student handbook for School Board approved charging policies.

PACKERS: Juice boxes, bottle water, extra servings of fruit and vegetables, plus milk choices are all available to students that pack their lunch or sandwich. Add these items to your sandwich or item brought from home to make a healthy meal. Add a snack also!!

Questions regarding allergies or meal service, call Ms. Tricia Wood, Director of Food Services 724-693-3019

South Fayette Twp School district and the USDA are equal opportunity employers. See our school web site for the full non-discrimination statement.

NON –Discrimination Statement: “In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
“This institution is an equal opportunity provider.”
South Fayette Twp School is an equal opportunity provider.

“South Fayette Twp School and the USDA are an equal opportunity institution and do not discriminate on the basis of race, color, national origin, sex and handicap in its activities, programs or employment practices”