

A la Carte Price List

** The Jefferson-Morgan Cafe is committed to doing our part in the fight against obesity by offering well balanced, nutritious snack and a la carte food items in addition to the school lunch menu.*

Salads:

Grilled Chicken	\$ 2.50
Chef Salad	\$ 2.50
Buffalo Chicken Salad	\$ 2.50
Vegetarian Salad (Egg, and Tuna or Cott Cheese)	\$ 2.50

**J-M Cafe offers low fat cheese and low fat dressings.*

Sides:

Tuna, Chicken, or Egg Salad Cup	\$ 1.00
Pasta Salad	\$ 0.85
Cottage Cheese	\$ 0.75
Side Salad	\$ 0.75
Yogurt	\$ 0.75
Fresh Veggies w/ Dip	\$ 0.75

Chilled Fresh Fruit Salad	\$ 0.75
String Cheese	\$ 0.50
Fresh Fruit, Whole	\$ 0.40
Chilled Pudding or Jello Cup	\$ 0.40

**J-M Café offers low fat dairy products*

Ice Cream:

All Blue Bunny "Cool Daze" Products	\$ 0.50
Health Smart Bar	\$ 0.85

**J-M Cafe offers "COOL DAZE" ice cream products which is a of line of low-fat, small, portion-controlled ice cream product.*

Beverage Items:

Water, 20oz	\$ 1.00
Juice, 100%, 10oz	\$ 1.00
Assorted 8oz carton beverages	\$ 0.60
Milk, 8oz, Skim, 1% or 1% flavored	\$ 0.45
Water Flavor Packets	\$ 0.35

Sandwiches:

Gourmet Wraps, Large	\$ 2.50
Ciabatta or Croissant Sandwich	\$ 2.50
Italian Hoagie	\$ 1.75
Ham & Cheese Hoagie	\$ 1.75
Turkey & Cheese Hoagie	\$ 1.75
Tuna Salad Sandwich	\$ 1.25
Chicken Salad Sandwich	\$ 1.25
Egg Salad Sandwich	\$ 1.25
PB&J Sandwich (Smucker's)	\$ 1.25

**J-M Cafe offers only reduced fat mayo for salads & lean meats for hoagies*

Baked Goods:

Asst. Danishes	\$ 0.65
Asst. Reduced Fat Muffins	\$ 0.65
Honeybuns (juice fortified)	\$ 0.60
Cookies, Reduced Fat, Whole Grain	\$ 0.35

**J-M Cafe offers baked products that are reduced in fat and/or are fortified with juice.*

Other Snacks:

Soft Pretzel Twist (Whole Wheat)	\$ 0.70
Sun Chips and Baked Chips (large)	\$ 0.70
Fruit Snacks, Reduced Sugar	\$ 0.65
Simply Chex and 100 cal packs	\$ 0.65
Sun Chips and Small Bagged Snacks	\$ 0.60
Granola Bars (Quaker & Nature Valley)	\$ 0.45
Pop Tart, Whole Grain, Single Tart Pkg	\$ 0.45
Cheese Sauce Cup	\$ 0.35
Garlic Breadstick	\$ 0.30

**J-M Cafe snack items are in line with the District Wellness Policy and the PDE Nutritional Guidelines.*