

Seneca Valley School District
 August 2024
 Ryan Gloyer Middle School
 Grades 7 to 8

**FREE or REDUCED MEAL
 INFORMATION**

Due to Pennsylvania's state funding, all students grades K-12 can receive a **FREE** breakfast for the 2024-2025 school year.

In addition to free breakfast, students that have been approved for reduced meals will receive lunch at no cost for the 2024-2025 school year.

If you would like to see if you qualify for the FREE or REDUCED meals program, you can fill out an application. This program is connected to many other programs that could benefit you.

Eligibility for free/reduced meals must be established each school year, regardless of eligibility in previous years.

If you did not receive a "Notification of Approval for Free Meals Direct Certification" letter before the first day of school **you must submit** an application for the current school year.

Eligibility from the previous school year is only carried over for the first 30 days of the current school year until new eligibility is determined.

Applications can be picked up at the school office, or by emailing Faye Nelson at Nelsonfd@svsd.net or can be found on our district website: www.svsd.net

District website / Departments/ Food Services

Special guidance for filling out the application can be found in the Eligibility Manual.

[Child Nutrition Programs: Income Eligibility Guidelines \(2024-2025\)](#) | [Food and Nutrition Service \(usda.gov\)](#)



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Grades 7 to 8 PRICES

Lunch \$2.95
 Premium \$3.45
 Adult—Lunch \$4.25 / \$4.75

A' la carte Items

(Will be charged unless included with your lunch or buying an additional one)

Milk \$.75 *
 Juice \$.75 *
 Bottled Water \$.50 / \$.125
 Cheese Stick \$.50 **
 Dinner roll \$.50 **
 Garlic Breadstick \$.75 **
 Twisted Breadstick \$ 1.25 **
 Healthy Snacks \$.75 to 1.25
 (Baked chips, fruit snacks etc.)

*Included with lunch daily

**Included with lunch if on menu

Any questions or concerns please email:

Nolen Fetchko
 Food Service Director
fetchkona@svsd.net

MENU SUBJECT TO CHANGE

GRADES 7 to 8 Cafeteria Stations

The Greenery

Full Self-Serve Salad Bar
 (Variety of toppings, proteins and grains)

Raider's Grill

Cheeseburgers
 Chicken Patty Sandwich
 Spicy Chicken Patty Sandwich

Pre-made Cold wraps available

(Hot French fries come with meal)

Pizzeria PREMIUM

Pizza w/ Red Sauce
 Cheese or Pepperoni Daily

Main Event

Lunch featured on calendar>>

Gluten Free meal option available per request

All Meals come with a **Fruit / Vegetable / Milk**

Milk choices are
 1% White, 1%Chocolate, Lactose Free

PREMIUM MEALS (PIZZA) are .50 cents more expensive than the other meals offered. If you are free or reduced this price difference does not affect you.

Monday, August 19

**NO SCHOOL
 FOR STUDENTS
 ACT 80 DAY**



Monday, August 26

Lunch
 Chicken Tenders
 French Fries
 Dinner Roll
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Tuesday, August 20

**NO SCHOOL
 FOR STUDENTS
 IN-SERVICE DAY**

Tuesday, August 27

Lunch
 Orange Chicken
 Vegetable Fried Rice
 Steamed Broccoli
 Fortune Cookie
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Wednesday, August 21

**NO SCHOOL
 FOR STUDENTS
 IN-SERVICE DAY**

Wednesday, August 28

Lunch
 Tomato Basil Flatbread
 Seasoned Vegetable
 French Fries
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Thursday, August 22

Lunch
 Mini Corn Dogs
 Baked Beans
 French Fries
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Thursday, August 29

Lunch
 Pasta
 Meat Sauce or
 Marinara Sauce
 Breadstick
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Juice

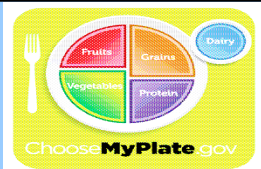
Friday, August 23

Lunch
 Pulled Pork Street Tacos
 Zesty Mexican Corn
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Friday, August 30

Lunch
 Grilled Chicken Sandwich
 Tater Tots
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Check out the Nutrition facts about WATERMELON on the following page!



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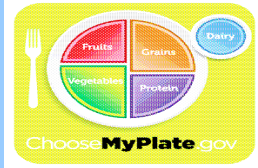
Lunch featured on calendar>>

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Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
NO SCHOOL DISTRICT HOLIDAY	Lunch Korean BBQ Meatball Bowl Steamed Rice Steamed Broccoli Assorted Fruits Assorted Vegetables Milk / Juice	Lunch Nachos Grande Seasoned Beef & Cheese Salsa and Sour Cream Black Beans / Corn Steamed Rice Fruit / Vegetables Milk / Juice	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice	Lunch Philly Cheesesteak Sandwich French Fries Assorted Fruits Assorted Vegetables Milk / Juice
				
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
Lunch Mini Corn Dogs Baked Beans French Fries Assorted Fruits Assorted Vegetables Milk / Juice	Lunch General Tso's Chicken Vegetable Fried Rice Steamed Broccoli Fortune Cookie Assorted Fruits Assorted Vegetables Milk / Juice	Lunch  Loaded Potato Bar (Cheese, Bacon, Chicken, Taco Meat) Sour Cream Steamed Broccoli Fruits / Vegetables Milk / Juice	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice	Lunch Chicken Fajitas Mexican Black Beans French Fries Assorted Fruits Assorted Vegetables Milk / Juice
Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
Lunch Popcorn Chicken Mashed Potatoes Gravy / Roll Assorted Fruits Assorted Vegetables Milk / Juice	Lunch BBQ Pulled Pork on a Bun Side of Macaroni & Cheese Steamed Broccoli Fruits / Vegetables Milk / Juice	Lunch <i>Breakfast for Lunch</i> Dutch Waffle Sausage Patty Chef's Choice of Potato Warm Cinnamon Fruit Assorted Fruits Assorted Vegetables Milk / Juice	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice	Lunch Korean Beef Brown Rice Seasoned Broccoli Assorted Fruits Assorted Vegetables Milk / Juice
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
Lunch Chicken Quesadilla Salsa and Sour Cream Black Beans / Corn Steamed Rice Fruits / Vegetables Milk / Juice	Lunch Meatball Hoagie Seasoned Green Beans Assorted Fruits Assorted Vegetables Milk / Juice	Lunch Grilled Cheese Tomato Soup Smile Potatoes Steamed Vegetable Fruit / Vegetables Milk / Juice	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice	Lunch Chicken Stir Fry Fried Rice Seasoned Broccoli Assorted Fruits Assorted Vegetables Milk / Juice

National School Lunch Program—Offer vs. Serve

Seneca Valley Participates in the OFFER National School Lunch Program.

This means that the student gets to choose all the items on their school lunch or breakfast tray.

- Students are offered all 5 food groups each day- grains, vegetables, fruits, dairy, meats & protein alternatives.
- The students have the option to decline some of the food groups available.
- However, they must choose at least 3 of the 5 food groups for the meal to be considered a balanced meal.
- One of those food groups must be a 1/2 cup fruit or 1/2 cup vegetable.

The choices for fruits and vegetables are the following:

Fruit choices are fresh (limited), canned (unlimited), or 100 % fruit juice (1 per meal).

Vegetable choices are fresh(unlimited),canned(unlimited),hot vegetables(limited),or vegetable juice(1 per meal).

Students can also choose the following:

Skim white milk or skim chocolate milk.

Whole grain options such as rolls, breads, rice, pasta available in the cafeteria daily.

Good nutrition and a balanced diet help kids grow up healthy.

The keys for success to a healthy diet are moderation, balance, and variety.

The National School Lunch Program provides a variety of healthy choices that must meet 1/3 of the RDA for calories, protein, vitamins & minerals, and no more than 30% calories from fat.

Encourage your child to make healthy choices and choose a variety of foods from each food group so that they receive the daily nutrients needed for health.

~ There is also a breakfast menu on our website, breakfast is served for RGMS, Intermediate and High School from 7:25-8:00 a.m. daily!

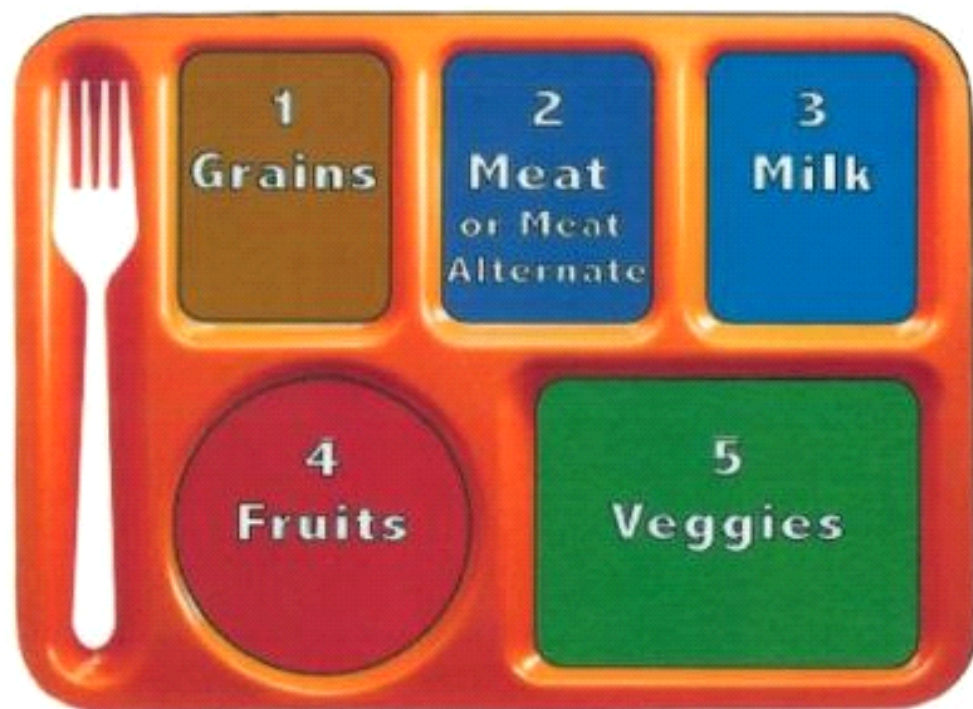
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

If you have any questions please email Nolen Fetchko at fetchkona@svsd.net

OFFER vs SERVE

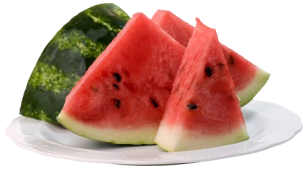
The Five Food Components for School Lunch

Choose ***at least 3*** including:



- 1/2 Cup of **Fruits** and/or **Vegetables**
- Plus 2 more Food Components

For best nutrition, ***choose all 5***



WATERMELON FUN FACTS

- The origins of the watermelon have been traced back to the deserts of southern Africa, where it still grows today.
- The first recorded watermelon harvest occurred about 5,000 years ago in Egypt and is depicted in Egyptian hieroglyphics on walls of their ancient buildings. Watermelons were often placed in the burial tombs of kings to nourish them in the afterlife.
- From Egypt, watermelons were brought to countries along the Mediterranean Sea by way of merchant ships. By the 10th century, watermelon found its way to China, which is now the world's top producer of watermelons.
- By weight, watermelon is the most-consumed melon in the United States, followed by cantaloupe and honeydew.
- Farmers generally grow watermelon in rows (8 to 12 feet apart) and in raised beds (4 to 12 inches high) composed of well drained sandy soils. Tiny watermelon plants from a nursery are transplanted into soil beds.
- Honeybees must pollinate every yellow watermelon blossom in order to fruit. In a month, a vine may spread 6 to 8 feet, and within 60 days, the vine produces its first watermelons. The crop is ready to harvest within 3 months.
- A watermelon is 92% water.
- The United States currently ranks 6th in worldwide production of watermelon, with Florida, Texas, California, Georgia and Indiana consistently in the lead.
- According to Guinness World Records, the world's heaviest watermelon was grown by Chris Kent of Sevierville, Tennessee in 2013, weighing in at 350.5 lbs.

Source: <http://www.watermelon.org/Watermelon-101>