

Seneca Valley School District  
August 2024  
Grades 1 to 6

**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](mailto:Nelsonfd@svsd.net) or can be found on our district website: [www.svsd.net](http://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 \(usda.gov\)](#)

**Little Dinosaur is Learning about WATERMELON**



Check out our watermelon fun facts for kids. Have fun learning how they grow, what part of the plant they are, what they contain, how to eat them and much more.



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**Elementary Prices**

Lunch \$2.75  
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 / \$1.25  
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

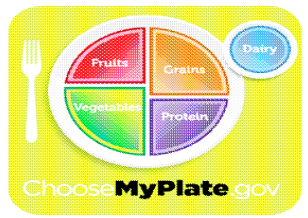
Any questions or concerns please email:  
**Nolen Fetchko**  
Food Services Director  
[fetchkona@svsd.net](mailto:fetchkona@svsd.net)

**MENU SUBJECT TO CHANGE**

**ELEMENTARY  
Additional Daily Lunch  
Choices**

- #1 Main Lunch featured on calendar >
- #2 WOW (Soy) Butter & Jelly Sandwich w/ Grain item & Protein
- #3 Raiders Chef Salad/Grain Item
- #4 Whole Grain Chicken Patty Sandwich
- #5 Fresh Deli Sandwich (Chef's Choice)
- #6 Yogurt Basket  
4 oz. Yogurt & Whole Grain Item & Protein

And  
Fruit / Vegetable / Milk  
Milk choices are  
1% White, 1%Chocolate  
Lactose Free



Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
<b>NO SCHOOL FOR STUDENTS ACT 80 DAY</b> 	<b>NO SCHOOL FOR STUDENTS IN-SERVICE DAY</b>	<b>NO SCHOOL FOR STUDENTS IN-SERVICE DAY</b>	<b>Lunch</b> Mini Corn Dogs Baked Beans French Fries Assorted Fruits Assorted Vegetables Milk / Juice  <b>D 1</b>	<b>Lunch</b> Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice  <b>D 2</b>
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30
<b>Lunch</b> Chicken Tenders Mashed Potatoes Gravy/ Roll Assorted Fruits Assorted Vegetables Milk / Juice  <b>D 3</b>	<b>Lunch</b> <i>Breakfast for Lunch</i> French Toast Sticks Sausage Tater Tots Assorted Fruits Assorted Vegetables Milk / Juice  <b>D 4</b>	<b>Lunch</b> Korean BBQ Meatball Bowl Steamed Rice Steamed Broccoli Assorted Fruits Assorted Vegetables Milk / Juice  <b>D 5</b>	<b>Lunch</b> Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice  <b>D 1</b>	<b>Lunch</b> Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice  <b>D 2</b>

D1 thru D5 on the menu pertains to what school calendar day it is. The days may change if school is cancelled.

Seneca Valley School District  
September 2024  
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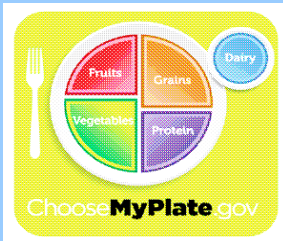
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Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
<b>NO SCHOOL DISTRICT HOLIDAY</b> 	<b>Lunch</b> Orange Chicken Vegetable Fried Rice Steamed Broccoli Assorted Fruits Assorted Vegetables Fortune Cookie Milk / Juice <b>D 3</b>	<b>Lunch</b> Soft Beef Taco (Sour Cream on the Side) Brown Rice Seasoned Corn Black Beans Assorted Fruits Assorted Vegetables Milk / Juice <b>D 4</b>	<b>Lunch</b> Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice <b>D 5</b>	<b>Lunch</b> Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice <b>D 1</b>
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
<b>Lunch</b> Breaded Chicken Bites Mashed Potatoes Gravy/ Roll Assorted Fruits Assorted Vegetables Milk / Juice <b>D 2</b>	<b>Lunch</b> Nachos Grande or Walking Taco Seasoned Beef & Cheese (Salsa & Sour Cream on the Side) Black Beans / Corn Fruit / Vegetables Milk / Juice <b>D 3</b>	<b>Lunch</b> Hot Turkey & Cheese Hoagie Curly Fries Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice <b>D 4</b>	<b>Lunch</b> Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice <b>D 5</b>	<b>Lunch</b> Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice <b>D 1</b>
Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
<b>Lunch</b> Mini Corn Dogs Baked Beans French Fries Assorted Fruits Assorted Vegetables Milk / Juice <b>D 2</b>	<b>Lunch</b> General Tso's Chicken Vegetable Fried Rice Steamed Broccoli Assorted Fruits Assorted Vegetables Fortune Cookie Milk / Juice <b>D 5</b>	<b>Lunch</b> Cheeseburger Smiles Potatoes Assorted Fruits Assorted Vegetables Milk / Juice <b>D 1</b>	<b>Lunch</b> Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice <b>D 2</b>	<b>Lunch</b> Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice <b>D 3</b>
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
<b>Lunch</b> Chicken Quesadilla (Salsa & Sour Cream on the Side) Black Beans / Corn Assorted Fruits Assorted Vegetables Milk / Juice <b>D 4</b>	<b>Lunch</b> <i>Breakfast for Lunch</i> Dutch Waffle Sausage Patty Warm Cinnamon Fruit Assorted Fruits Assorted Vegetables Milk / Juice <b>D 5</b>	<b>Lunch</b> Hot Ham & Cheese Hoagie Curly Fries Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice <b>D 1</b>	<b>Lunch</b> Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice <b>D 2</b>	<b>Lunch</b> Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice <b>D 3</b>

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## 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 the Elementary Schools from

8:40-9:00 a.m. daily!

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

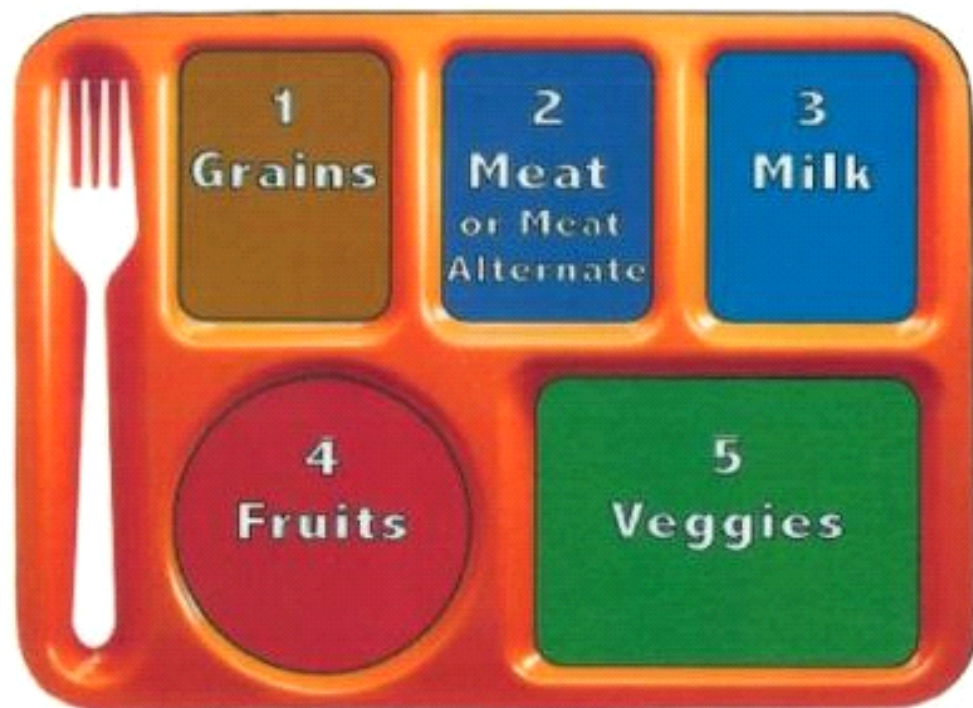
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## OFFER vs SERVE

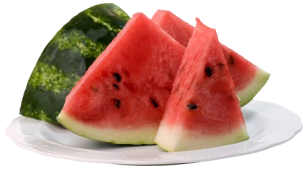
### The Five Food Components for School Lunch

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



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

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



# Little Dinosaur is learning about 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>