

Seneca Valley School District  
August 2024  
Intermediate and Senior High School  
Grades 9 to 12

**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 \(usda.gov\)](#)



Seneca Valley School District  
August 2024  
Intermediate and Senior High School  
Grades 9 to 12

**Grades 9 to 12 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 / \$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 Service Director  
[fetchkona@svsd.net](mailto:fetchkona@svsd.net)

**MENU SUBJECT TO CHANGE**

**GRADES 9 to 12 Cafeteria Stations**

**Raider's Grill**

Cheeseburgers  
Chicken Patty Sandwich  
Spicy Chicken Patty Sandwich  
~~~~~  
Pre-made Cold wraps available  
(Hot French fries come with meal)

**Pizzeria PREMIUM & Carnitas**

Pizza w/ Red Sauce  
Cheese or Pepperoni Daily  
and  
Seasoned Beef Crumbles  
Seasoned Chicken  
Tortilla Chips / Doritos / Soft Shells

**Main 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 and CARNITAS)** 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**



Tuesday, August 20

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

Wednesday, August 21

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

Thursday, August 22

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

Friday, August 23

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

Monday, August 26

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

Tuesday, August 27

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

Wednesday, August 28

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

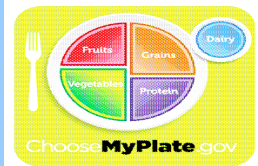
Thursday, August 29

**Lunch**  
Pasta  
Meat Sauce or  
Marinara Sauce  
Twisted Breadstick  
Steamed Vegetable  
Fruit / 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!



Seneca Valley School District  
September 2024  
Intermediate and Senior High School  
Grades 9 to 12

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Cheese Stick \$ .50 \*\*  
Dinner roll \$ .50 \*\*  
Garlic Breadstick \$ .75 \*\*  
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**Food Service Director**

[fetchkono@svsd.net](mailto:fetchkono@svsd.net)

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Cheeseburgers  
Chicken Patty Sandwich  
Spicy Chicken Patty Sandwich

Pre-made Cold wraps available

(Hot French fries come with meal)

**Pizzeria PREMIUM & Carnitas**

Pizza w/ Red Sauce  
Cheese or Pepperoni Daily  
and  
Seasoned Beef Crumbles  
Seasoned Chicken  
Tortilla Chips / Doritos / Soft Shells

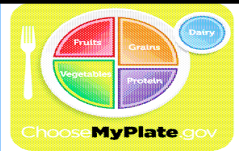
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[Child Nutrition Programs: Income](#)

[Eligibility Guidelines \(2024-2025\) |](#)

[Food and Nutrition Service](#)

[usda.gov](http://usda.gov)

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

Seneca Valley School District  
September 2024  
Intermediate and Senior High School  
Grades 9 to 12

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

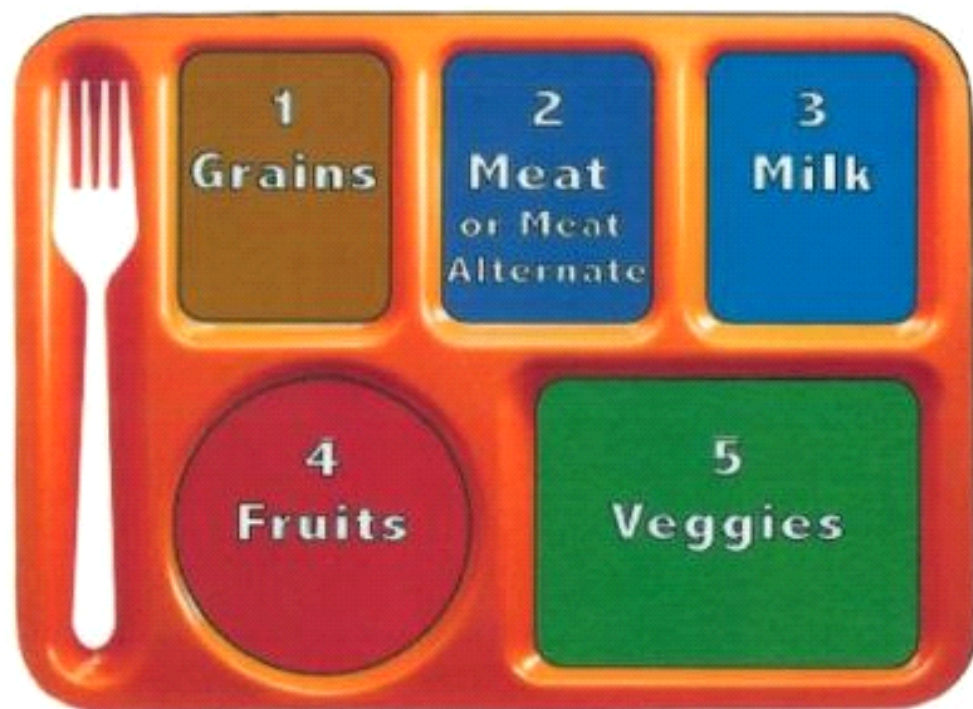
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## OFFER vs SERVE

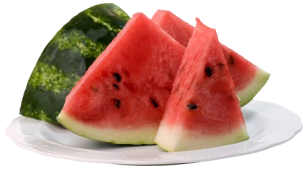
### The Five Food Components for School Lunch

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



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

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



# 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>