

Seneca Valley School District
January 2025
Intermediate and Senior High School
Grades 9 to 12

Grades 7 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

MENU SUBJECT TO CHANGE

GRADES 7 to 12 Cafeteria Stations

Raider's Grill

Cheeseburgers
 Chicken Patty Sandwich
 Spicy Chicken Patty Sandwich
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 Pre-made Cold wraps available

(Hot French fries come with meal)

**Pizzeria**

Pizza w/ Red Sauce  
 Cheese or Pepperoni Daily

**Carnitas-only at IHS and SENIOR**

Seasoned Beef Crumbles

Seasoned Chicken  
 Tortilla Chips / Doritos / Soft Shells

**The Greenery-only at IHS and RGMS**

Full Self-Serve Salad Bar

(Variety of toppings, proteins and grains)

**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.

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

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

Milk Options Include:

Skim, 1% White & 1% Chocolate  
 Lactose Free

100% Juice Options Include

Apple, Orange, Grape and Fruit Punch

Assorted Fruit Options Include:

Canned Fruits (Applesauce, Peaches, Pears, Mandarin Oranges, Pineapple)  
 Fresh Fruit (Apples, Bananas, Oranges, Grapes, Watermelon, Strawberries)

**Seneca Valley School District**  
**January 2025 ~ Intermediate and Senior High School ~ Grades 9 to 12**

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| <p>Monday, January 6</p> <p><b>Lunch</b></p> <p>Mini Corn Dogs<br/>                 Baked Beans<br/>                 French Fries<br/>                 Assorted Fruits<br/>                 Assorted Vegetables<br/>                 Milk / Juice</p>  | <p>Tuesday, January 7</p> <p><b>Lunch</b></p> <p><i>Breakfast for Lunch</i><br/>                 French Toast Sticks<br/>                 Sausage Patty<br/>                 Egg Patty<br/>                 Chef's Choice of Potato<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p> | <p>Wednesday, January 8</p> <p><b>Lunch</b></p> <p>Beef Tacos<br/>                 Salsa and Sour Cream<br/>                 Black Beans / Corn<br/>                 Rice<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p>                                                                                  | <p>Thursday, January 9</p> <p><b>Lunch</b></p> <p>Pasta<br/>                 Meat Sauce or<br/>                 Marinara Sauce<br/>                 Breadstick<br/>                 Steamed Vegetable<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p> | <p>Friday, January 10</p> <p><b>Lunch</b></p> <p>Tomato Basil Flatbread<br/>                 Seasoned Vegetable<br/>                 French Fries<br/>                 Assorted Fruits<br/>                 Assorted Vegetables<br/>                 Milk / Juice</p> |
| <p>Monday, January 13</p> <p><b>Lunch</b></p> <p>Chicken Tenders<br/>                 Mashed Potatoes<br/>                 Gravy / Roll<br/>                 Fruits / Vegetables<br/>                 Milk / Juice</p>                                 | <p>Tuesday, January 14</p> <p><b>Lunch</b></p> <p>Orange Chicken<br/>                 Vegetable Fried Rice<br/>                 Steamed Broccoli<br/>                 Assorted Fruits<br/>                 Assorted Vegetables<br/>                 Fortune Cookie<br/>                 Milk / Juice</p>          | <p>Wednesday, January 15</p> <p><b>Lunch</b></p> <p>Pulled Pork Street Tacos<br/>                 Zesty Mexican Corn<br/>                 Steamed Rice<br/>                 Seasoned Broccoli<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p>                                                              | <p>Thursday, January 16</p> <p><b>Lunch</b></p> <p>Pasta<br/>                 Meat Sauce or Marinara<br/>                 Breadstick<br/>                 Steamed Vegetable<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p>                           | <p>Friday, January 17</p> <p><b>NO SCHOOL FOR STUDENTS IN-SERVICE DAY</b></p>                                                                                                                                                                                         |
| <p>Monday, January 20</p> <p><b>NO SCHOOL FOR STUDENTS ACT 80 DAY</b></p>                                                                                             | <p>Tuesday, January 21</p> <p><b>Lunch</b></p> <p>Breaded Chicken Bites<br/>                 Crinkle Cut Fries<br/>                 Dinner Roll<br/>                 Assorted Fruits<br/>                 Assorted Vegetables<br/>                 Milk / Juice</p>                                               | <p>Wednesday, January 22</p> <p><b>Lunch</b></p> <p>BBQ Chicken Flatbread<br/>                 Seasoned Vegetable<br/>                 French Fries<br/>                 Assorted Fruits<br/>                 Assorted Vegetables<br/>                 Milk / Juice</p>                                                                  | <p>Thursday, January 23</p> <p><b>Lunch</b></p> <p>Pasta<br/>                 Meat Sauce or Marinara<br/>                 Breadstick<br/>                 Steamed Vegetable<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p>                           | <p>Friday, January 24</p> <p><b>Lunch</b></p> <p>Philly Cheesesteak<br/>                 Sandwich<br/>                 French Fries<br/>                 Steamed Vegetable<br/>                 Fruits / Vegetables<br/>                 Milk / Juice</p>             |
| <p>Monday, January 27</p> <p><b>Lunch</b></p> <p>Mini Corn Dogs<br/>                 Baked Beans<br/>                 French Fries<br/>                 Assorted Fruits<br/>                 Assorted Vegetables<br/>                 Milk / Juice</p> | <p>Tuesday, January 28</p> <p><b>Lunch</b></p> <p>General Tso's Chicken<br/>                 Vegetable Fried Rice<br/>                 Steamed Broccoli<br/>                 Assorted Fruits<br/>                 Assorted Vegetables<br/>                 Fortune Cookie<br/>                 Milk / Juice</p>   | <p>Wednesday, January 29</p> <p><b>Lunch</b></p> <p>Loaded Potato Bar<br/>                 (Cheese, Bacon, Chicken<br/>                 Taco Meat)<br/>                 Sour Cream<br/>                 Steamed Broccoli<br/>                 Steamed Rice<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p> | <p>Thursday, January 30</p> <p><b>Lunch</b></p> <p>Pasta<br/>                 Meat Sauce or Marinara<br/>                 Breadstick<br/>                 Steamed Vegetable<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p>                           | <p>Friday, January 31</p> <p><b>Lunch</b></p> <p>Chicken Fajitas<br/>                 Mexican Black Beans<br/>                 Steamed Rice<br/>                 Seasoned Broccoli<br/>                 Fruit / Vegetables<br/>                 Milk / Juice</p>      |

## 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!

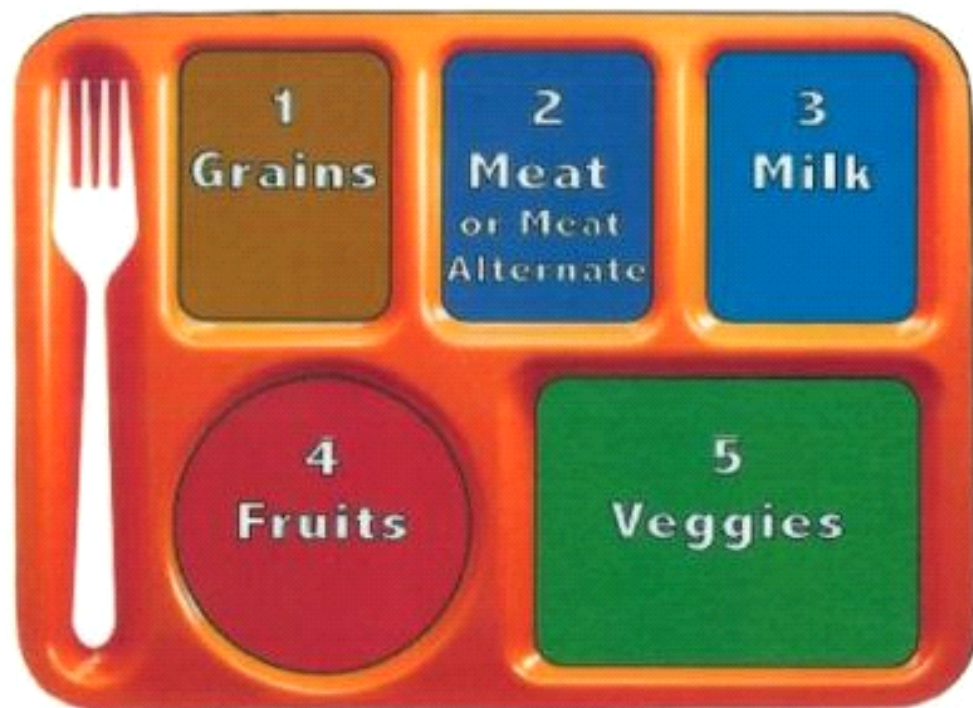
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

If you have any questions please email Nolen Fetchko at [fetchkona@svsd.net](mailto: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***



# Facts about KALE

## Ways to Consume Kale

**Chips:** Tear kale leaves into large pieces, leaving the thick parts behind. Mix kale in a large bowl with a light olive oil and sea salt coating. Mix and squeeze the vegetable with your hands for two minutes, flatten out kale on a baking sheet and bake at 250° for 50 to 80 minutes or until kale is crispy. Your body will thank you after trying this delicious and crunchy snack!

**In Soup:** A perfect ingredient for any soup. Add it to vegetable soups or even wedding soup!

**With Potatoes:** Remember when they made ketchup green? Well how about making your mashed potatoes green?! Just cook it all in one pot and mash it up for an extra kick of nutrients.

**Smoothie:** Add kale to your traditional fruit smoothie, the smoothie will turn green but you will still taste all of the fruit!

## Kale Nutrition Facts and Health Benefits

Kale has major cancer preventive benefits linked to its unusual concentration of two types of antioxidants: carotenoids and flavonoids.

One cup of cooked kale has 1,376% of the daily value of vitamin K, Vitamin K is a key nutrient in regulating the body's inflammatory process.

Raw or cooked, kale lowers cholesterol!

One cup of kale has 134% of the daily value of Vitamin C which is more than a medium orange! Great for your child's immune health, which means fewer missed days of school.

## Tips for Cooking Kale

Kale is one of the healthiest vegetables around and one way to be sure to enjoy the maximum nutrition and flavor from kale is to cook it properly. Healthy steam kale for about 5 minutes by filling the bottom of a steamer pot with 2 inches of water until at a rapid boil and steam for 5 minutes.

To ensure kale cooks evenly, it is recommended to cut the leaves in 1/2" slices and cut the stems into 1/4" length.

Kale is in season and has a sweeter taste from the middle of winter through the beginning of spring. Look for kale with firm, deeply colored leaves and moist hardy stems.

For more information about the magical properties and health benefits of kale please visit: <http://nationalkaleday.org/>