

Seneca Valley School District
January 2025
Grades 1 to 6

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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

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

Little Dinosaur is Learning about CRANBERRIES



Check out our cranberry fun facts for kids!

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 \(usda.gov\)](#)

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)

Monday, January 6

Lunch

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

D 1

Tuesday, January 7

Lunch

Breakfast for Lunch
Dutch Waffle
Sausage
Tater Tots
Fruit / Vegetables
Milk / Juice

D 2

Wednesday, January 8

Lunch

Grilled Cheese
Tomato Soup
Chef's Choice for Side
Seasoned Vegetable
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 3

Thursday, January 9

Lunch

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

D 4

Friday, January 10

Lunch

Pizza
Seasoned Vegetable
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 5

Monday, January 13

Lunch

Chicken Tenders
Mashed Potatoes
Gravy/ Roll
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 1

Tuesday, January 14

Lunch

Soft Beef Taco
(Sour Cream on the Side)
Brown Rice
Seasoned Corn
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 2

Wednesday, January 15

Lunch

Korean BBQ Meatball
Bowl
Steamed Rice
Steamed Broccoli
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 3

Thursday, January 16

Lunch

Pizza
Seasoned Vegetable
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 4

Friday, January 17

NO SCHOOL FOR STUDENTS IN-SERVICE DAY

Monday, January 20

NO SCHOOL FOR STUDENTS ACT 80 DAY



Tuesday, January 21

Lunch

Cheeseburger
Emoji Potatoes
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 5

Wednesday, January 22

Lunch

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

D 1

Thursday, January 23

Lunch

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

D 2

Friday, January 24

Lunch

Pizza
Seasoned Vegetable
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 3

Monday, January 27

Lunch

Breakfast for Lunch
French Toast Sticks
Sausage
Tater Tots
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 4

Tuesday, January 28

Lunch

Nachos Grande or
Walking Taco
Seasoned Beef & Cheese
(Salsa & Sour Cream on the Side)
Black Beans / Corn
Fruit / Vegetables
Milk / Juice

D 5

Wednesday, January 29

Lunch

Hot Turkey & Cheese
Hoagie
Curly Fries
Seasoned Vegetable
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 1 Dessert ICEE

Thursday, January 30

Lunch

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

D 2

Friday, January 31

Lunch

Pizza
Seasoned Vegetable
Assorted Fruits
Assorted Vegetables
Milk / Juice

D 3

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!

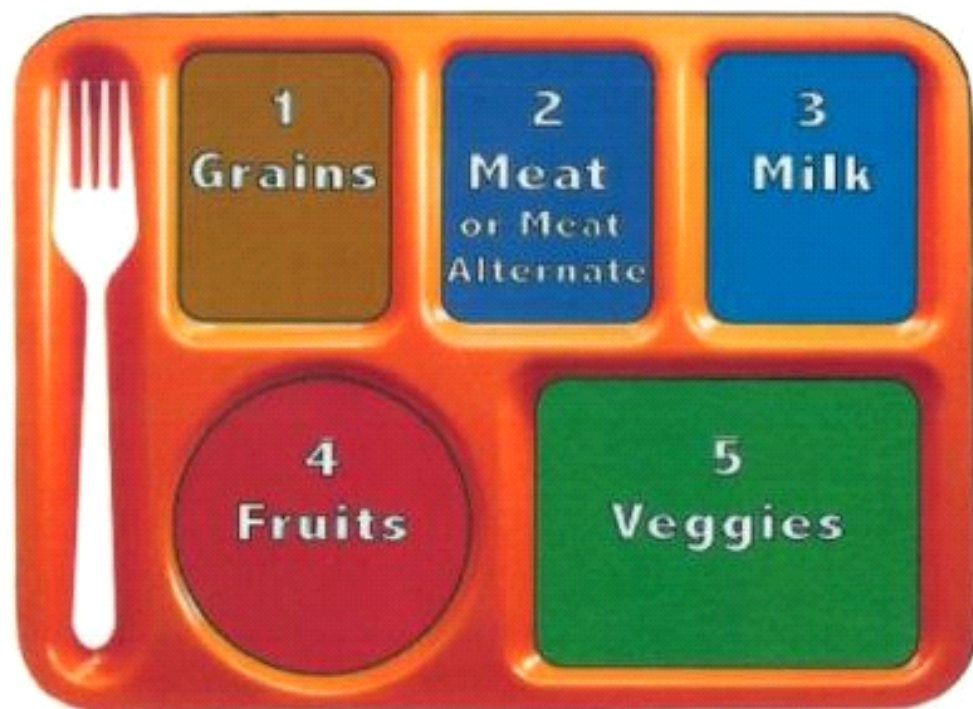
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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***



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 bodies 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/>