

Seneca Valley School District
April 2025
Grades 1 to 6

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
CAULIFLOWER



Check out our
 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)

Fish Sticks
 Available
 During Lent



Seneca Valley School District
April 2025 ~ Grades 1 to 6

Monday, April 7

Lunch
 Breaded Chicken Bites
 Mashed Potatoes
 Gravy/ Roll
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

D 1

Tuesday, April 8

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

D 2

Wednesday, April 9

Lunch
CVE
Hot Turkey & Cheese Hoagie
EHRMAN/HAIN/ROWAN
Hot Ham & Cheese Hoagie
 Curly Fries
 Seasoned Vegetable
 Fruit / Vegetables
 Milk / Juice
COOKIE D 3

Thursday, April 10

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

D 4

Friday, April 11

Lunch
 Pizza
 Seasoned Vegetable
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice
Fish Sticks/ Roll Available D 5

Monday, April 14

NO SCHOOL
DISTRICT HOLIDAY



Tuesday, April 15

NO SCHOOL
DISTRICT HOLIDAY

Wednesday, April 16

NO SCHOOL
DISTRICT HOLIDAY



Thursday, April 17

NO SCHOOL
DISTRICT HOLIDAY

Friday, April 18

NO SCHOOL
DISTRICT HOLIDAY



Monday, April 21

NO SCHOOL
FOR STUDENTS
ACT-80 DAY

Tuesday, April 22

Lunch
Breakfast for Lunch
 French Toast Sticks
 Sausage
 Tater Tots
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice
D 1

Wednesday, April 23

Lunch
 Grilled Cheese
 Tomato Soup
 Goldfish Crackers
 Seasoned Vegetable
 Fruit / Vegetables
 Milk / Juice
D 2

Thursday, April 24

Lunch
 Pasta
 Meat Sauce or
 Marinara Sauce
 Breadstick
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Jui
D 3

Friday, April 25

Lunch
 Pizza
 Seasoned Vegetable
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice
D 4

Monday, April 28

Lunch
 Chicken Tenders
 Mashed Potatoes
 Gravy/ Roll
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice
D 5

Tuesday, April 29

Lunch
 Chicken Quesadilla
 (Salsa & Sour Cream on the side)
 Black Beans
 Corn
 Fruit / Vegetables
 Milk / Juice
D 1

Wednesday, April 30

Lunch
 Pulled Pork Sandwich
 (Pretzel Bun or Regular Bun)
 Side of Mac & Cheese
 Seasoned Vegetable
 Fruit / Vegetables
 Milk / Juice
D 2

Thursday, May 1

Lunch
 Pasta
 Meat Sauce or
 Marinara Sauce
 Breadstick
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Jui
D 3

Friday, May 2

Lunch
 Pizza
 Seasoned Vegetable
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice
D 4

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!

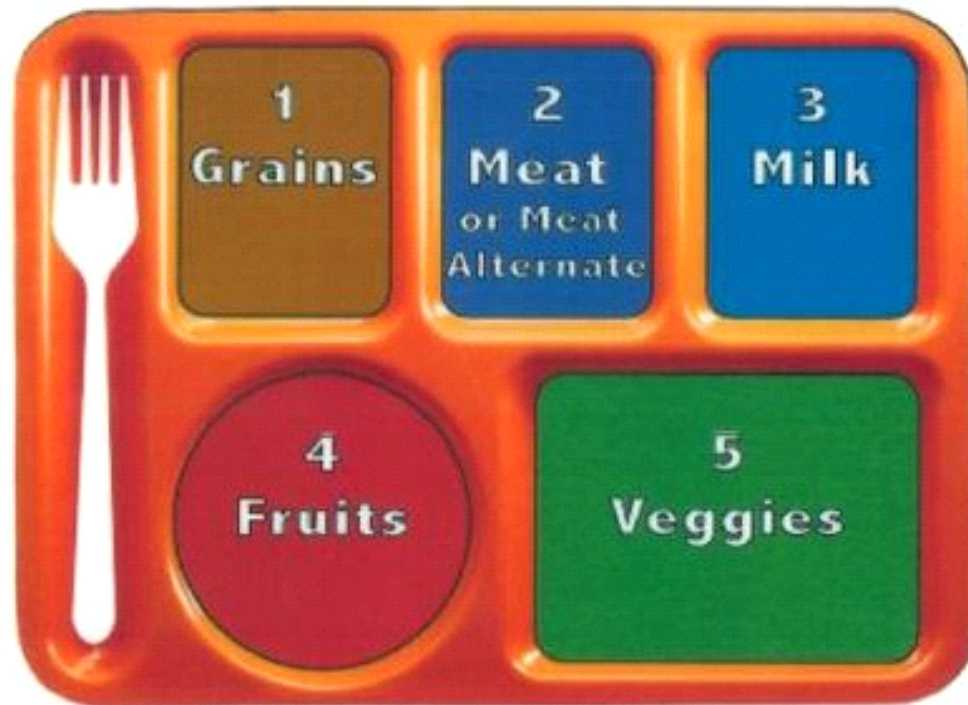
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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 Cauliflower

Cauliflower Facts and Health Benefits

- Cauliflower is really a flower, the part of the plant that we eat is the head of the immature, tender flower stems and buds.
- It originated in Cyprus.
- Cauliflowers are white because while they are growing, the heads are surrounded by thick green leaves that protect them from the sun.
- The head of the cauliflower is also known as the “curd.”
- Cauliflower is actually a member of the cabbage family.
- Cauliflower is a good source of fiber, vitamin C and vitamin K and is packed with nutrients and antioxidants.
- You can even eat the leaves and the stems of cauliflower.

Ways to Consume Cauliflower

- Cauliflower can be boiled, fried, roasted, pickled and eaten raw.
- Cauliflower can be roasted with garlic, parmesan, turmeric or other spices.
- It can be riced, by putting it in a food processor for 25 seconds.
- Once it is riced, it can be used in a variety of dishes, such as:
 - ~ Casseroles
 - ~ Any dishes that call for rice. (Steamed, Fried)
 - ~ Made into a pizza crust. (This can be done by sautéing the riced cauliflower until soft, add the sautéed cauliflower to the eggs, parmesan, Italian seasoning and garlic. Once you have all the ingredients added together, spread out the cauliflower pizza dough onto your pizza stone. Top it like you would regular pizza dough.)

