

Seneca Valley School District
April 2025
Ryan Gloyer Middle School
Grades 7 to 8

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

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 **CAULIFLOWER** 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

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 Sandwich
Available
During Lent



Seneca Valley School District
April 2025 ~ Ryan Gloyer Middle School ~ Grades 7 to 8

Monday, April 7

Lunch

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

Tuesday, April 8

Lunch

Grilled Chicken Sandwich
Tater Tots
Assorted Fruits
Assorted Vegetables
Milk / Juice

COOKIE

Wednesday, April 9

Lunch

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

Thursday, April 10

Lunch

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

Friday, April 11

Lunch

Tomato Basil Flatbread
Seasoned Vegetable
French Fries
Fruit / Vegetables
Milk / Juice

Fish Sandwich Available

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

Nachos Grande
Seasoned Beef & Cheese
Salsa and Sour Cream
Black Beans / Corn
Steamed Rice
Fruit / Vegetables
Milk / Juice

Wednesday, April 23

Lunch

Chicken Quesadilla
Salsa and Sour Cream
Black Beans / Corn
Steamed Rice
Fruit / Vegetables
Milk / Juice

Thursday, April 24

Lunch

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

Friday, April 25

Lunch

Chicken Nuggets
Curly Fries
Dinner Roll
Assorted Fruits
Assorted Vegetables
Milk / Juice

Monday, April 28

Lunch

Grilled Chicken Sandwich
Tater Tots
Assorted Fruits
Assorted Vegetables
Milk / Juice

Tuesday, April 29

Lunch

Grilled Cheese
Tomato Soup
Smile Potatoes
Steamed Vegetable
Fruit / Vegetables
Milk / Juice

Wednesday, April 30

Lunch

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

Thursday, May 1

Lunch

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

Friday, May 2

Lunch

Mini Corn Dogs
Baked Beans
French Fries
Assorted Fruits
Assorted Vegetables
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!

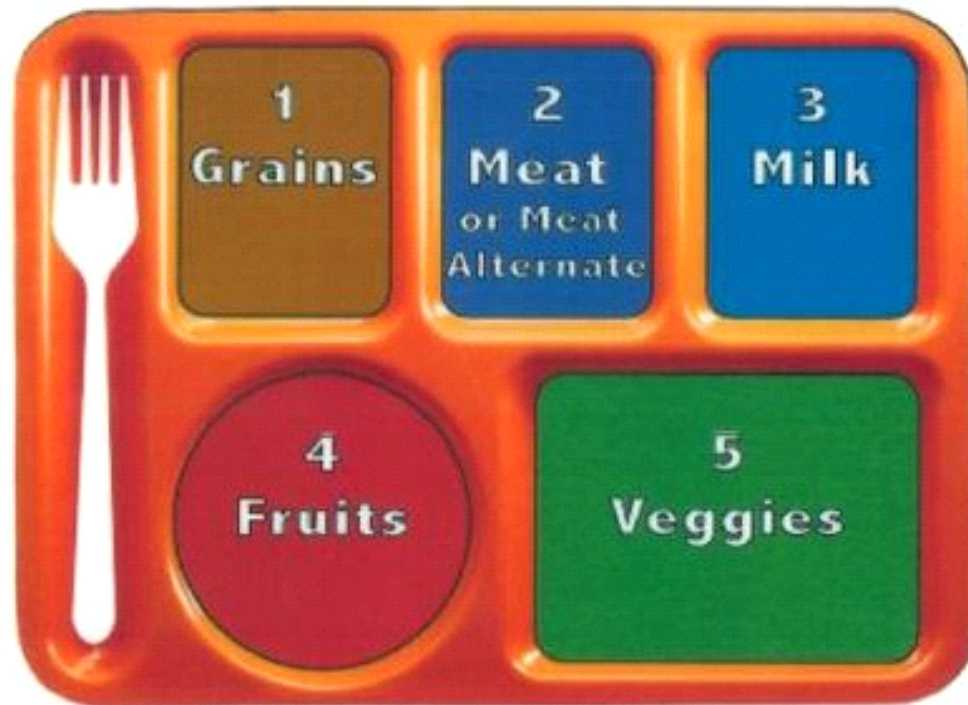
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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.)

