

Seneca Valley School District  
**April 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](mailto: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 Greener—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](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)

Fish Sandwich Available During Lent



Seneca Valley School District

April 2025 ~ Intermediate and Senior High School ~ Grades 9 to 12

<p>Monday, April 7</p> <p><b>Lunch</b></p> <p>Chicken Tenders        Mashed Potatoes        Gravy / Roll        Fruits / Vegetables        Milk / Juice</p>	<p>Tuesday, April 8</p> <p><b>Lunch</b></p> <p>Orange Chicken        Vegetable Fried Rice        Steamed Broccoli        Assorted Fruits        Assorted Vegetables        Fortune Cookie        Milk / Juice</p>	<p>Wednesday, April 9</p> <p><b>Lunch</b></p> <p>Grilled Chicken Sandwich        Tater Tots        Assorted Fruits        Assorted Vegetables        Milk / Juice</p> <p><b>COOKIE</b></p>	<p>Thursday, April 10</p> <p><b>Lunch</b></p> <p>Pasta        Meat Sauce or Marinara Sauce        Breadstick        Steamed Vegetable        Fruit / Vegetables        Milk / Juice</p>	<p>Friday, April 11</p> <p><b>Lunch</b></p> <p>Tomato Basil Flatbread        Seasoned Vegetable        French Fries        Fruit / Vegetables        Milk / Juice</p> <p>Fish Sandwich Available</p>
<p>Monday, April 14</p> <p><b>NO SCHOOL DISTRICT HOLIDAY</b></p>	<p>Tuesday, April 15</p> <p><b>NO SCHOOL DISTRICT HOLIDAY</b></p>	<p>Wednesday, April 16</p> <p><b>NO SCHOOL DISTRICT HOLIDAY</b></p>	<p>Thursday, April 17</p> <p><b>NO SCHOOL DISTRICT HOLIDAY</b></p>	<p>Friday, April 18</p> <p><b>NO SCHOOL DISTRICT HOLIDAY</b></p>
<p>Monday, April 21</p> <p><b>NO SCHOOL FOR STUDENTS ACT-80 DAY</b></p>	<p>Tuesday, April 22</p> <p><b>Lunch</b></p> <p>BBQ Chicken Flatbread        Seasoned Vegetable        French Fries        Assorted Fruits        Assorted Vegetables        Milk / Juice</p>	<p>Wednesday, April 23</p> <p><b>Lunch</b></p> <p>Breaded Chicken Bites        Chef's Choice of Potatoes        Dinner Roll        Assorted Fruits        Assorted Vegetables        Milk / Juice</p>	<p>Thursday, April 24</p> <p><b>Lunch</b></p> <p>Pasta        Meat Sauce or Marinara Sauce        Breadstick        Steamed Vegetable        Fruit / Vegetables        Milk / Juice</p>	<p>Friday, April 25</p> <p><b>Lunch</b></p> <p>Philly Cheesesteak Sandwich        French Fries        Steamed Vegetable        Fruits / Vegetables        Milk / Juice</p>
<p>Monday, April 28</p> <p><b>Lunch</b></p> <p>Mini Corn Dogs        Baked Beans        French Fries        Assorted Fruits        Assorted Vegetables        Milk / Juice</p>	<p>Tuesday, April 29</p> <p><b>Lunch</b></p> <p>General Tso's Chicken        Vegetable Fried Rice        Steamed Broccoli        Assorted Fruits        Assorted Vegetables        Fortune Cookie        Milk / Juice</p>	<p>Wednesday, April 30</p> <p><b>Lunch</b></p> <p>Loaded Potato Bar (Cheese, Bacon, Chicken, Taco Meat)        Sour Cream        Steamed Broccoli        Fruit / Vegetables        Milk / Juice</p>	<p>Thursday, May 1</p> <p><b>Lunch</b></p> <p>Pasta        Meat Sauce or Marinara Sauce        Breadstick        Steamed Vegetable        Fruit / Vegetables        Milk / Juice</p>	<p>Friday, May 2</p> <p><b>Lunch</b></p> <p>Chicken Fajitas        Mexican Black Beans        Assorted Fruits        Assorted Vegetables        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!

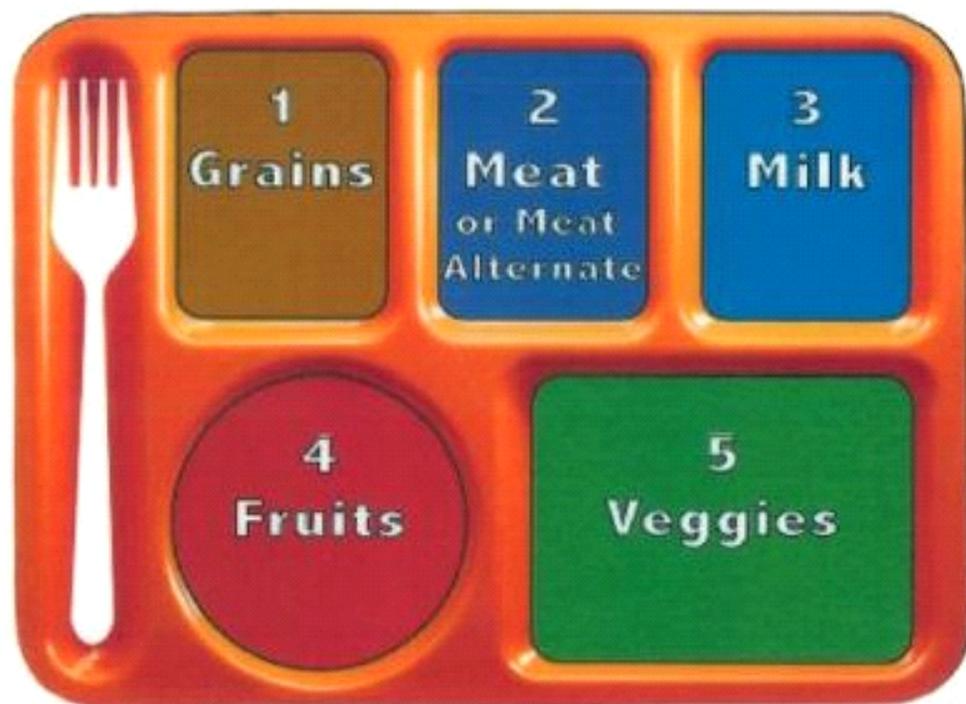
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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 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.)

