

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.

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, May 5

Lunch

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

Tuesday, May 6

Lunch

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

Wednesday, May 7

Lunch

Baked Chicken
Chef's Choice of Side
Steamed Vegetable
Fruits / Vegetables
Milk / Juice

Thursday, May 8

Lunch

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

Friday, May 9

**NO SCHOOL
FOR STUDENTS
IN-SERVICE DAY**



Monday, May 12

Lunch

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

Tuesday, May 13

Lunch

Meatball Hoagie
Curly Fries
Seasoned Green Beans
Fruits / Vegetables
Milk / Juice

Wednesday, May 14

Lunch

Breakfast for Lunch
Dutch Waffle
Sausage Patty
Chef's Choice of Potato
Warm Cinnamon Fruit
Fruit / Vegetables
Milk / Juice

Thursday, May 15

Lunch

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

Friday, May 16

Lunch

Hot Ham & Cheese
Croissant or
Turkey, Bacon & Cheese
Croissant
Curly Fries
Fruits / Vegetables
Milk / Juice

Monday, May 19

Lunch

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

Tuesday, May 20

Lunch

Breakfast for Lunch
French Toast Sticks
Sausage Patty
Chef's Choice of Potato
Fruit / Vegetables
Milk / Juice

Wednesday, May 21

Lunch

Beef Tacos
(Hard or Soft Shell)
Salsa and Sour Cream
Black Beans / Corn
Fruit / Vegetables
Milk / Juice

Thursday, May 22

Lunch

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

Friday, May 23

Lunch

Pulled Pork Street Tacos
Zesty Mexican Corn
Steamed Rice
Seasoned Broccoli
Fruit / Vegetables
Milk / Juice

Monday, May 26

**NO SCHOOL
DISTRICT HOLIDAY**



Tuesday, May 27

Lunch

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

Wednesday, May 28

Lunch

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

Thursday, May 29

Lunch

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

Friday, May 30

Lunch

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

Check out the Nutrition facts about **STRAWBERRIES** on the following page!

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!

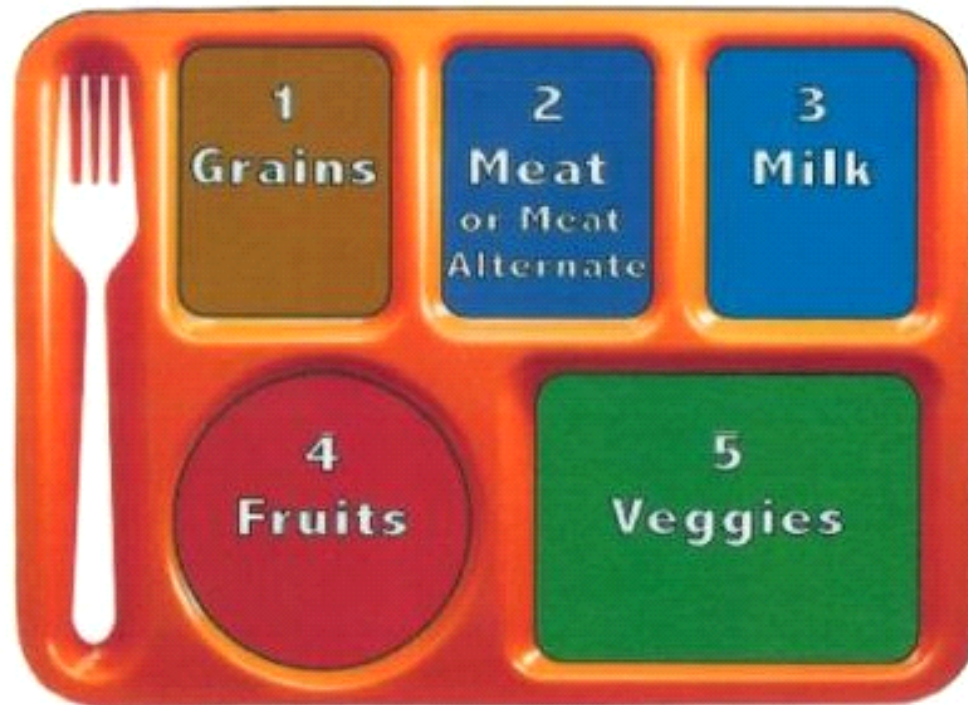
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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***

Strawberry Facts



- Strawberries are edible (and rather tasty), but technically they are receptacles (the thickened part of the stem) rather than the berries.
- Making things even more confusing, the little hard pieces that appear to be seeds on a strawberry are actually a type of dry fruit (called achene).. That contain their own seeds!
- When ripe, strawberries are bright red, juicy and very sweet.
- Strawberries have a lot of Vitamin C.
- Strawberry plants decline in quality and production after a few years, so are typically replanted.
- Strawberries are picked with part of the stem still attached.
- Unlike some other fruits, strawberries do not continue to ripen after being picked.
- A large number of different pests, such as slugs and fruit flies like to feed on strawberries.
- Strawberries are eaten in a number of different ways including fresh, dried as a jam, in a drink or even in a granola bar.

<http://www.sciencekids.co.nz/sciencefacts/food/strawberries.html>