



Join our Food Services Team!

Benefits

- One free lunch for your student each day!
 - Starting wage of \$16.30/hour!
- Start work after your students get on the bus, and be home before they get dropped off in the afternoon!
- A work schedule that coincides with your students' school schedules!

How to Apply

Please contact Nolen Fetchko, Food Service Director, via email or by phone to express your interest in joining our Food Services Team! We look forward to hearing from you!

Email: fetchkona@svsd.net

Phone: 724-452-6040 x1634

Seneca Valley School District
November 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

fetchkono@svsd.net

MENU SUBJECT TO CHANGE

FREE or REDUCED MEAL INFORMATION

Due to Pennsylvania's state funding, all students grades K-12 can receive a **FREE** breakfast.

In addition to free breakfast, students that have been approved for reduced meals will receive lunch at no cost for the 2025-2026 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.

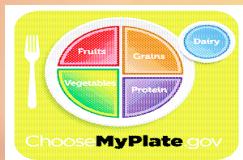
Eligibility from the previous school year is only carried over for the first 30 days (deadline November 1, 2025) of the current school year until new eligibility is determined.

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 \(2025-2026\) | Food and Nutrition Service \(usda.gov\)](#)



Seneca Valley School District ~ November 2025 ~ Intermediate and Senior High School ~ Grades 9 to 12

Monday, November 3

Lunch

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

Tuesday, November 4

Lunch

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

Wednesday, November 5

Lunch

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

Thursday, November 6

Lunch

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

Friday, November 7

Lunch

Honey Lime Chicken
 Cilantro Lime Rice
 Seasoned Broccoli
 Fruit / Vegetables
 Milk / Juice

Monday, November 10

Lunch

Mini Corn Dogs
 Baked Beans
 French Fries
 Fruit / Vegetables
 Milk / Juice

Tuesday, November 11

NO SCHOOL FOR STUDENTS IN-SERVICE DAY

Wednesday, November 12

Lunch

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

Thursday, November 13

Lunch

Chicken Alfredo
 Breadstick
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Juice

Friday, November 14

Lunch

Tomato Basil Flatbread
 Chef's Choice of Potato
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Juice

Monday, November 17

Lunch

Chicken Tenders
 Chef's Choice of Potato
 Dinner Roll
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Tuesday, November 18

Lunch

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

Wednesday, November 19

Lunch

Pulled Pork Street Tacos
 Chef's Choice of Side
 Zesty Mexican Corn
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Thursday, November 20



Friday, November 21

Lunch

Grilled Chicken Sandwich
 Chef's Choice of Potato
 Assorted Fruits
 Assorted Vegetables
 Milk / Juice

Monday, November 24

Lunch

Breaded Chicken Bites
 Mashed Potatoes
 Gravy / Roll
 Fruit / Vegetables
 Milk / Juice

Tuesday, November 25

Lunch

Philly Cheesesteak
 Sandwich
 Chef's Choice of Potatoes
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Juice

Wednesday, November 26

NO SCHOOL HOLIDAY

Thursday, November 27

NO SCHOOL HOLIDAY

Friday, November 28

NO SCHOOL HOLIDAY

GRADES 9 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 PREMIUM & Carnitas

Pizza w/ Red Sauce
 Cheese or Pepperoni Daily
 and
 Seasoned Beef Crumbles
 Seasoned Chicken
 Tortilla Chips / Doritos / Soft Shells

Main Lunch featured on calendar>>

Gluten Free meal and Vegetarian meal 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 SQUASH 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 milk, low-fat white milk or low-fat 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!

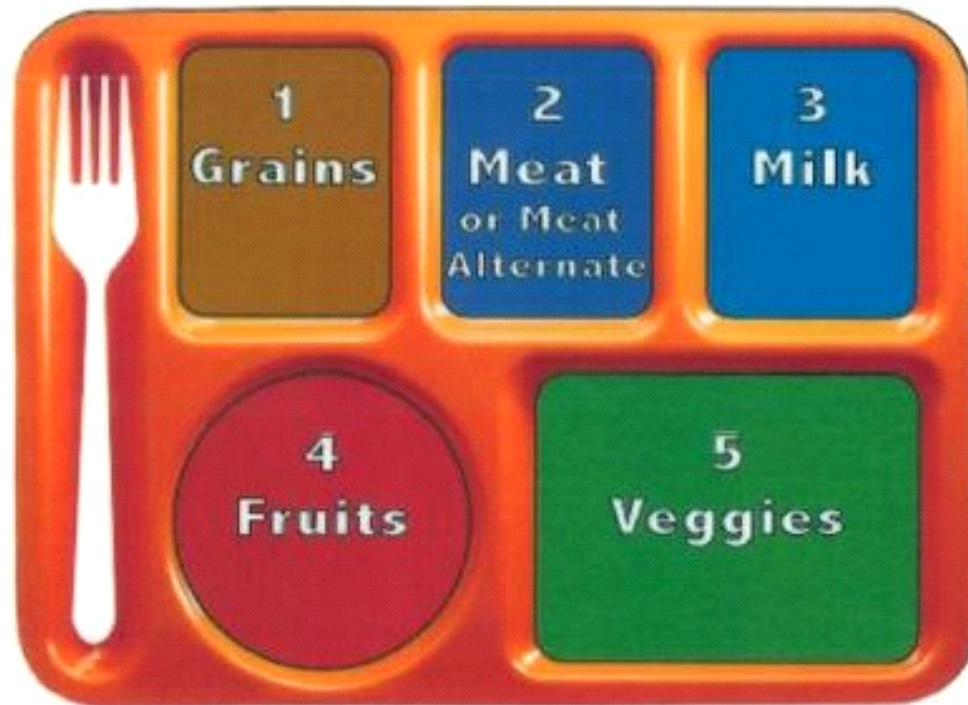
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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***



Fun Facts about SQUASH

FUN FACTS

- Native Americans introduced squash and pumpkins to the pilgrims to help them survive the harsh winter months with these hardy crops.
- Presidents Washington and Jefferson grew all types of squash in their gardens.
- Pilgrims used to treat themselves to an early form of them pumpkin pie by scooping out the seeds and the “string”, then filling the pumpkin with milk, spices and syrup, and baking it in hot ash.

NUTRITIONAL INFORMATION

- Pumpkins are an excellent source of vitamin A—just 1/2 cup provides you with 5 times the recommended daily allowance!
- Winter squash and sweet potatoes are a good source of beta-carotene. Our bodies use beta-carotene to make vitamin A, a nutrient important for immune function, vision, skin and bone health. Rutabagas are a great source of potassium. Eating foods rich in potassium can help protect against high blood pressure.

FUN WAYS TO EAT

- Try roasting pumpkin seeds for a fun snack. Toss dried pumpkin seeds with a little oil and roast in 250-degree oven for 10 to 15 minutes.
- Looking for a healthy on-the-go snack? Spread 2 tablespoons of peanut butter on a cabbage leaf and roll it up for a “walking salad”.
- Cut sweet potato wedges, brush with a little oil, salt and pepper and bake in the oven for a healthy treat!

