

Seneca Valley School District
February 2026
Intermediate and Senior High School
Grades 9 to 12

Fish Sandwich
 Available
 During Lent



Seneca Valley School District ~ February 2026 ~ 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 February 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

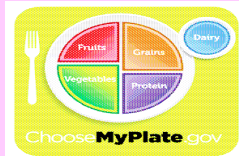
Special guidance for filling out the application can be found in the Eligibility Manual.

[Child Nutrition Programs: Income](#)

[Eligibility Guidelines \(2025-2026\) |](#)

[Food and Nutrition Service](#)

usda.gov



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
 SWEET PEPPERS on the
 following page!

Monday, February 2

Lunch

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

Tuesday, February 3

Lunch

General Tso's Chicken
 Vegetable Fried Rice
 Steamed Broccoli
 Fortune Cookie
 Fruit / Vegetables
 Milk / Juice

Wednesday, February 4

Lunch

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

Thursday, February 5

Lunch

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

Friday, February 6

Lunch

Chicken Fajitas
 Mexican Black Beans
 Rice
 Fruit / Vegetables
 Milk / Juice

Monday, February 9

Lunch

Popcorn Chicken
 Mashed Potatoes
 Gravy / Roll
 Fruit / Vegetables
 Milk / Juice

Tuesday, February 10

Lunch

BBQ Pulled Pork on a Bun
 Side of Macaroni & Cheese
 Steamed Vegetable
 Fruits / Vegetables
 Milk / Juice

Wednesday, February 11

Lunch

Loaded Potato Bar
 (Cheese, Bacon, Chicken,
 Taco Meat)
 Sour Cream
 Steamed Broccoli
 Fruits / Vegetables
 Milk / Juice

Thursday, February 12

Lunch

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

Friday, February 13

Lunch

Korean Beef
 Steamed Rice
 Seasoned Broccoli
 Fruit / Vegetables
 Milk / Juice
 Cookie

Monday, February 16

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



Tuesday, February 17

Lunch

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

Wednesday, February 18

Lunch

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

Fish Sandwich Available

Thursday, February 19

Lunch

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

Friday, February 20

Lunch

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

Fish Sandwich Available

Monday, February 23

Lunch

Popcorn Chicken
 Mashed Potatoes
 Gravy / Roll
 Fruit / Vegetables
 Milk / Juice

Tuesday, February 24

Lunch

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

Wednesday, February 25

Lunch

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

Thursday, February 26

Lunch

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

Friday, February 27

Lunch

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

Fish Sandwich Available

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!

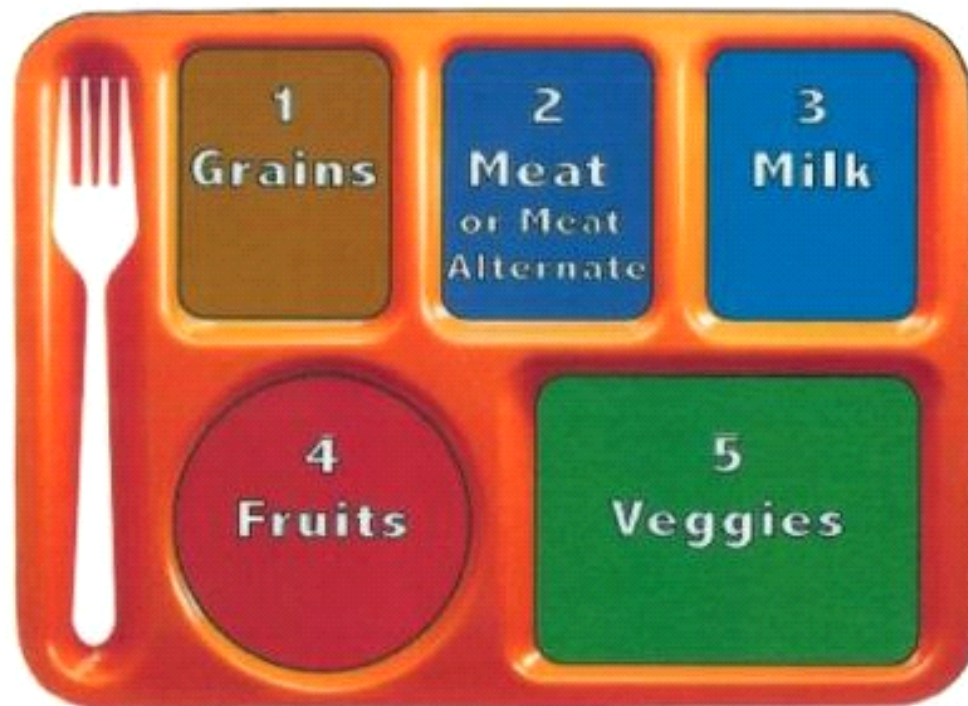
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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 SWEET PEPPERS

- Sweet peppers are also known as bell peppers.
- They are grown on plants, and originated in Mexico, Central America and northern South America.
- They come in a variety of colors, green, red, yellow, purple, orange, white and brown.
- All sweet peppers are initially grown as green peppers. Depending how long they stay on the vine, will determine their color.
- Red sweet peppers are the sweetest of the colors, and are usually available during the summer and fall.
- Sweet peppers are low in calories, and are an excellent source of Vitamin A and C, potassium, folic acid, and fiber.
- Green peppers are picked early, before they have a chance to turn yellow, orange and then red.
- Red peppers have 11 times more beta-carotene and 1.5 times more vitamin C than green peppers.
- You can eat sweet peppers raw or cooked.
- The scientific name for bell peppers is *Capsicum annuum* L.
- The darker the color of the pepper indicates it is riper and it will have more nutrients.
- There are many ways to eat sweet peppers.
 - Stuffed~ they can be filled with a variety of fillings.
 - Roasted~ on the grill or in a pan
 - Sliced up Raw~ can be eaten with dips, salads or on sandwiches
 - Cooked~ Added to Chili, or a variety of dishes.

<https://www.verywellfit.com/bell-pepper-nutrition-facts-calories-and-health-benefits-4119789>

<https://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-bell-peppers>

<https://www.naturalfoodseries.com/11-health-benefits-bell-peppers/>

<https://www.webmd.com/diet/peppers-health-benefits#1>