

**Seneca Valley School District
February 2026
Grades 1 to 6**

Elementary Prices

Lunch \$2.75
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 Services Director
fetchkona@svsd.net

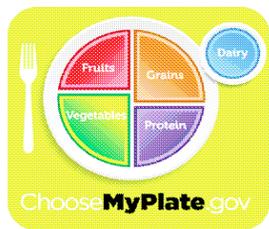
MENU SUBJECT TO CHANGE

ELEMENTARY

Additional Daily Lunch Choices

- #1 Main Lunch featured on calendar →
- #2 WOW (Soy) Butter & Jelly Sandwich w/ Grain item & Protein
- #3 Raiders Chef Salad/Grain Item
- #4 Whole Grain Chicken Patty Sandwich
- #5 Fresh Deli Sandwich (Chef's Choice)
- #6 Yogurt Basket
4 oz. Yogurt & Whole Grain Item & Protein
- #7 Black Bean Burger

And
Fruit / Vegetable / Milk
Milk choices are
1% White, 1%Chocolate, Lactose Free



**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](mailto:Faye.Nelson@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 \(usda.gov\)](#)

Little Dinosaur is Learning about SWEET PEPPERS



Check out our Sweet Pepper fun facts for kids. Have fun learning how they grow, what part of the plant they are, what they contain, how to eat them and much more.

Fish Option Available During Lent



Seneca Valley School District ~ February 2026 ~ Grades 1 to 6

Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
<p>Lunch Breaded Chicken Bites Mashed Potatoes Gravy/Soft Pretzel Rod Assorted Fruits Assorted Vegetables Milk / Juice</p> <p>D 3</p>	<p>Lunch Soft Beef Taco (Sour Cream and Salsa on the Side) Steamed Rice Corn Fruit / Vegetables Milk / Juice</p> <p>D 4</p>	<p>Lunch <i>Breakfast for Lunch</i> Dutch Waffle Sausage Patty Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice</p> <p>D 5</p>	<p>Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p> <p>D 1</p>	<p>Lunch Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice</p> <p>D 2</p>
<p>Monday, February 9</p> <p>Lunch Macaroni & Cheese Steamed Vegetable Fruit / Vegetables Milk / Juice</p> <p>D 3</p>	<p>Tuesday, February 10</p> <p>Lunch Cheeseburger Chef's Choice of Potato Assorted Fruits Assorted Vegetables Milk / Juice</p> <p>D 4</p>	<p>Wednesday, February 11</p> <p>Lunch Orange Chicken Vegetable Fried Rice Steamed Broccoli Fortune Cookie Fruit / Vegetables Milk / Juice</p> <p>D 5</p>	<p>Thursday, February 12</p> <p>Lunch Meatballs with a Twisted Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p> <p>D 1</p>	<p>Friday, February 13</p> <p>Lunch Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice COOKIE</p> <p>D 2</p> 
<p>Monday, February 16</p> <p>NO SCHOOL FOR STUDENTS IN-SERVICE DAY</p> 	<p>Tuesday, February 17</p> <p>Lunch <i>Breakfast for Lunch</i> French Toast Sticks Sausage Tater Tots Fruit / Vegetables Milk / Juice</p> <p>D 3</p>	<p>Wednesday, February 18</p> <p>Lunch Grilled Cheese Tomato Soup Goldfish Crackers Steamed Vegetable Fruit / Vegetables Milk / Juice Fish Option Available</p> <p>D 4</p>	<p>Thursday, February 19</p> <p>Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p> <p>D 5</p>	<p>Friday, February 20</p> <p>Lunch Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice Fish Option Available</p> <p>D 1</p>
<p>Monday, February 23</p> <p>Lunch Mini Corn Dogs Baked Beans French Fries Fruit / Vegetables Milk / Juice</p> <p>D 2</p>	<p>Tuesday, February 24</p> <p>Lunch Nachos Grande or Walking Taco Seasoned Beef & Cheese (Salsa & Sour Cream on the Side) Black Beans / Corn Fruit / Vegetables Milk / Juice</p> <p>D 3</p>	<p>Wednesday, February 25</p> <p>Lunch Chicken Tenders Chef's Choice of Potato Dinner Roll or Soft Pretzel Rod Steamed Corn Assorted Fruits Assorted Vegetables Milk / Juice</p> <p>D 4</p>	<p>Thursday, February 26</p> <p>Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p> <p>D 5</p>	<p>Friday, February 27</p> <p>Lunch Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice Fish Option Available</p> <p>D 1</p>

D1 thru D5 on the menu pertains to what school calendar day it is. The days may change if school is cancelled.

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 the Elementary Schools from

8:40-9:00 a.m. daily!

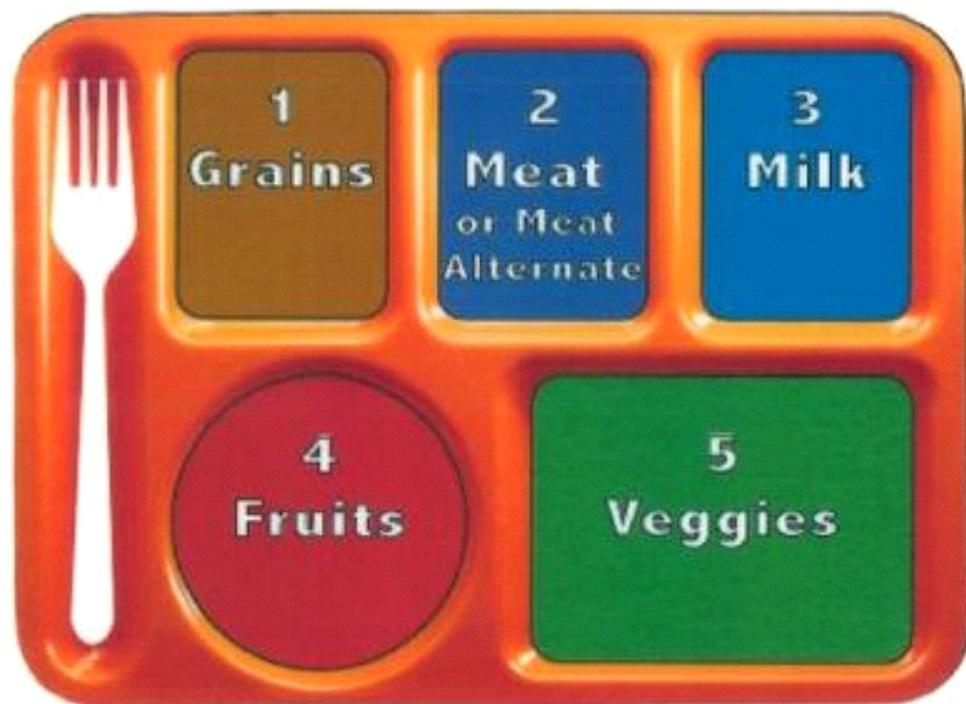
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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>