

Seneca Valley School District
February 2026
Ryan Gloyer Middle School
Grades 7 to 8

Fish Sandwich
 Available
 During Lent



Seneca Valley School District ~ February 2026 ~ Ryan Gloyer Middle School ~ Grades 7 to 8

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

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.

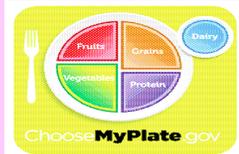
If you did not receive a "Notification of Approval for Free Meals Direct Certification" letter before the first day of school **you must submit** an application for the current school year.

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

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 7 to 8 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

Pizza w/ Red Sauce
 Cheese or Pepperoni Daily

Salad Bar (EVERYDAY)

* Enter thru EXIT door to bypass Carnitas on Tuesday, Thursday and Friday

Self Serve Salad Bar
 Various Toppings
 (Spicy, Regular and Grilled Chicken)
 (Tomatoes, Cucumbers, Cheese, etc.)

Carnitas PREMIUM (TUESDAY, THURSDAY and FRIDAY)

Seasoned Beef Crumbles
 Seasoned Chicken
 Tostitos / Doritos / Fritos and Soft Shells

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!

<p>Monday, February 2</p> <p>Lunch Breaded Chicken Bites Mashed Potatoes w/ Gravy Dinner Roll Fruit / Vegetables Milk / Juice</p>	<p>Tuesday, February 3</p> <p>Lunch Korean BBQ Meatball Bowl Steamed Rice Seasoned Broccoli Fruits / Vegetables Milk / Juice</p>	<p>Wednesday, February 4</p> <p>Lunch Philly Cheesesteak Chef's Choice of Potatoes Seasoned Vegetable Fruit / Vegetables Milk / Juice</p>	<p>Thursday, February 5</p> <p>Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p>	<p>Friday, February 6</p> <p>Lunch Chicken Quesadilla Salsa and Sour Cream Black Beans / Corn Steamed Rice Fruits / Vegetables Milk / Juice</p>
<p>Monday, February 9</p> <p>Lunch Popcorn Chicken Mashed Potatoes Gravy / Roll Fruit / Vegetables Milk / Juice</p>	<p>Tuesday, February 10</p> <p>Lunch BBQ Pulled Pork on a Bun Side of Macaroni & Cheese Steamed Vegetable Fruits / Vegetables Milk / Juice</p>	<p>Wednesday, February 11</p> <p>Lunch <i>Breakfast for Lunch</i> Dutch Waffle Sausage Patty Chef's Choice of Potato Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice</p>	<p>Thursday, February 12</p> <p>Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p>	<p>Friday, February 13</p> <p>Lunch Korean Beef Steamed Rice Seasoned Broccoli Fruit / Vegetables Milk / Juice Cookie</p>
<p>Monday, February 16</p> <p>NO SCHOOL FOR STUDENTS IN-SERVICE DAY</p> <p></p>	<p>Tuesday, February 17</p> <p>Lunch Meatball Hoagie Curly Fries Steamed Green Beans Fruit / Vegetables Milk / Juice</p>	<p>Wednesday, February 18</p> <p>Lunch Grilled Cheese Tomato Soup Smile Potatoes Steamed Vegetable Fruit / Vegetables Milk / Juice</p> <p>Fish Sandwich Available</p>	<p>Thursday, February 19</p> <p>Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p>	<p>Friday, February 20</p> <p>Lunch BBQ Rib Sandwich Side of Pierogies Steamed Vegetable Fruit / Vegetables Milk / Juice</p> <p>Fish Sandwich Available</p>
<p>Monday, February 23</p> <p>Lunch Popcorn Chicken Mashed Potatoes Gravy / Roll Fruit / Vegetables Milk / Juice</p>	<p>Tuesday, February 24</p> <p>Lunch Beef Tacos (Hard or Soft Shell) Salsa and Sour Cream Black Beans / Corn Steamed Rice Fruits / Vegetables Milk / Juice</p>	<p>Wednesday, February 25</p> <p>Lunch Orange Chicken Vegetable Fried Rice Steamed Broccoli Fortune Cookie Fruit / Vegetables Milk / Juice</p>	<p>Thursday, February 26</p> <p>Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice</p>	<p>Friday, February 27</p> <p>Lunch <i>Breakfast for Lunch</i> French Toast Sticks Sausage Patty Chef's Choice of Potato Steamed Vegetable Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice</p> <p>Fish Sandwich Available</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 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!

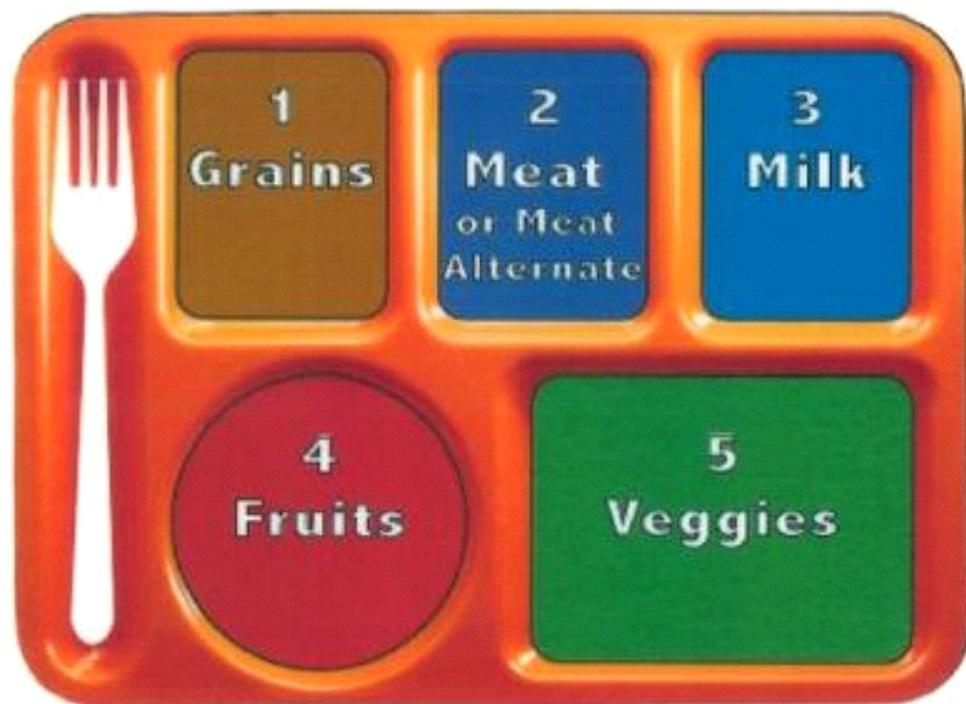
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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>