

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



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

Grades 7 to 12 PRICES

Lunch \$2.95
 Premium \$3.45
 Adult—Lunch \$5.25

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 2026-2027 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 October 2, 2026) 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 (2026-2027) |

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

Monday, Wednesday and Friday

Self Serve Salad Bar

Various Toppings

(Spicy, Regular and Grilled Chicken)

(Tomatoes, Cucumbers, Cheese, etc.)

Carnitas PREMIUM (MONDAY, WEDNESDAY and FRIDAY)

Seasoned Beef Crumbles

Seasoned Chicken

Tostitos / Doritos / Fritos, Hard and Soft Shells

Gluten Free meal and Vegetarian meal available per request

All Meals come with a **Fruit / Vegetable / Milk**

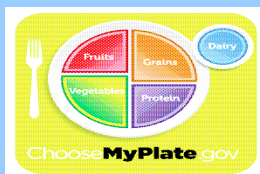
Milk choices are

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 **WATERMELON** on the following page!



Monday, August 17

NO SCHOOL FOR STUDENTS IN-SERVICE DAY

Tuesday, August 18

NO SCHOOL FOR STUDENTS IN-SERVICE DAY

Wednesday, August 19

NO SCHOOL FOR STUDENTS IN-SERVICE DAY



Thursday, August 20

Lunch

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

Friday, August 21

Lunch

Breakfast for Lunch
 French Toast Sticks
 Sausage Patty
 Cheesy Hashbrowns
 Fruit / Vegetables
 Milk / Juice

Monday, August 24

Lunch

Meatball Hoagie
 Curly Fries
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Juice

Tuesday, August 25

Lunch

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

Wednesday, August 26

Lunch

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

Thursday, August 27

Lunch

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

Friday, August 28

Lunch

Chicken Potstickers
 Steamed Rice
 Seasoned Broccoli
 Fruit / Vegetables
 Milk / Juice

Monday, August 31

Lunch

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

Tuesday, September 1

Lunch

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

Wednesday, September 2

Lunch

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

Thursday, September 3

Lunch

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

Friday, September 4

Lunch

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

WE ARE HIRING! FOOD SERVICE WORKERS!!!

(SUBSTITUTES AND 4 HOUR)

⇒ Work while the kids are at school. SUMMERS OFF!

⇒ No experience needed! We will train you!

⇒ Flexible schedule

⇒ Great pay \$\$\$\$ 4 hour workers (\$16.50/hr) / Substitutes (\$15.05/hr)

⇒ NEW this year ~ Food Service Initiative Program ~ Your student may qualify for free meals working for the Food service department > For further information on this program go to the >> District website / Departments / Food Services / Announcements or click on link > [Food Service Announcements](#)



WANT TO APPLY ~ START HERE

District website / Site Shortcuts / Employment Opportunities / Jobs or click on the link > [Food Service Jobs](#) then the Jobs tab and type in Food in the Search box.

Seneca Valley School District
September 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

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[Child Nutrition Programs: Income Eligibility Guidelines \(2026-2027\)](#)

[Food and Nutrition Service \(usda.gov\)](#)

Seneca Valley School District ~ September 2026 ~ RGMS ~ Grades 7 to 8

Monday, September 7

NO SCHOOL DISTRICT HOLIDAY



Monday, September 14

Lunch

BBQ Rib Sandwich
 Side of Macaroni & Cheese
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Juice

Monday, September 21

NO SCHOOL FOR STUDENTS IN-SERVICE DAY

Monday, September 28

Lunch

Chicken Potstickers
 Steamed Rice
 Seasoned Broccoli
 Fruits / Vegetables
 Milk / Juice

Tuesday, September 8

Lunch

Chicken Tenders
 Mashed Potatoes
 Gravy / Roll
 Steamed Corn
 Fruit / Vegetables
 Milk / Juice

Tuesday, September 15

Lunch

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

Tuesday, September 22

Lunch

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

Tuesday, September 29

Lunch

Chicken Tenders
 Mashed Potatoes
 Gravy / Roll
 Steamed Corn
 Fruit / Vegetables
 Milk / Juice

Wednesday, September 9

Lunch

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

Wednesday, September 16

Lunch

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

Wednesday, September 23

Lunch

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

Wednesday, September 30

Lunch

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

Thursday, September 10

Lunch

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

Thursday, September 17

Lunch

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

Thursday, September 24

Lunch

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

Thursday, October 1

Lunch

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

Friday, September 11

Lunch

Breakfast for Lunch
 Dutch Waffle
 Sausage Patty
 Baby Cakes Potatoes
 Warm Cinnamon Fruit
 Fruit / Vegetables
 Milk / Juice

Friday, September 18

Lunch

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

Friday, September 25

Lunch

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

Friday, October 2

Lunch

Breakfast for Lunch
 French Toast Sticks
 Sausage Patty
 Cheesy Hashbrowns
 Warm Cinnamon Fruit
 Fruit / Vegetables
 Milk / Juice

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 Monday, Wednesday and Friday

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

**Carnitas PREMIUM (MONDAY, WEDNESDAY and FRIDAY)**

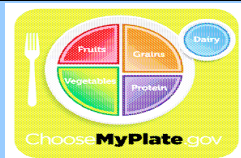
Seasoned Beef Crumbles  
 Seasoned Chicken  
 Tostitos / Doritos / Fritos, Hard and Soft Shells

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 WATERMELON 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!

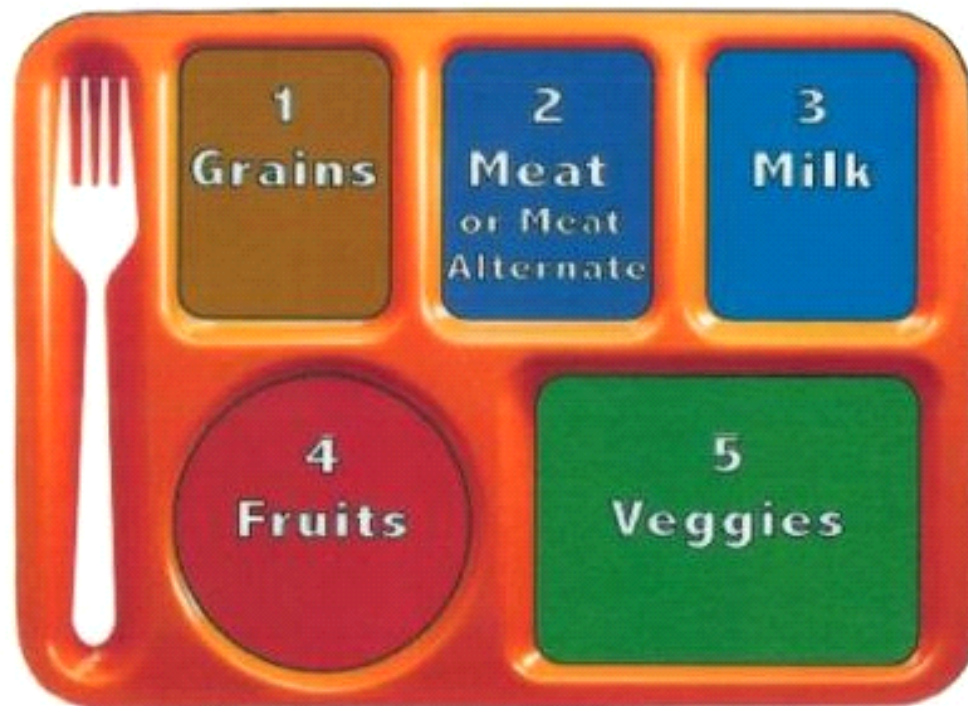
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

If you have any questions please email Nolen Fetchko at [fetchkona@svsd.net](mailto:fetchkona@svsd.net)

## OFFER vs SERVE

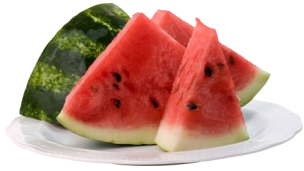
### The Five Food Components for School Lunch

Choose ***at least 3*** including:



- 1/2 Cup of **Fruits** and/or **Vegetables**
- Plus 2 more Food Components

For best nutrition, ***choose all 5***



# WATERMELON FUN FACTS

- The origins of the watermelon have been traced back to the deserts of southern Africa, where it still grows today.
- The first recorded watermelon harvest occurred about 5,000 years ago in Egypt and is depicted in Egyptian hieroglyphics on walls of their ancient buildings. Watermelons were often placed in the burial tombs of kings to nourish them in the afterlife.
- From Egypt, watermelons were brought to countries along the Mediterranean Sea by way of merchant ships. By the 10th century, watermelon found its way to China, which is now the world's top producer of watermelons.
- By weight, watermelon is the most-consumed melon in the United States, followed by cantaloupe and honeydew.
- Farmers generally grow watermelon in rows (8 to 12 feet apart) and in raised beds (4 to 12 inches high) composed of well drained sandy soils. Tiny watermelon plants from a nursery are transplanted into soil beds.
- Honeybees must pollinate every yellow watermelon blossom in order to fruit. In a month, a vine may spread 6 to 8 feet, and within 60 days, the vine produces its first watermelons. The crop is ready to harvest within 3 months.
- A watermelon is 92% water.
- The United States currently ranks 6th in worldwide production of watermelon, with Florida, Texas, California, Georgia and Indiana consistently in the lead.
- According to Guinness World Records, the world's heaviest watermelon was grown by Chris Kent of Sevierville, Tennessee in 2013, weighing in at 350.5 lbs.

Source: <http://www.watermelon.org/Watermelon-101>