

Seneca Valley School District
August 2026
Grades 1 to 6

Elementary Prices

Lunch \$2.75
 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 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 Rebellyous (Vegetarian) Patty Sandwich
- #8 Seneca Snacker
Cheese Cubes, Turkey Medallions, Crackers, Craisins

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 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

Little Dinosaur is Learning about WATERMELON



Check out our watermelon 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.



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August 2026
Grades 1 to 6



Monday, August 17	Tuesday, August 18	Wednesday, August 19	Thursday, August 20	Friday, August 21
NO SCHOOL FOR STUDENTS IN-SERVICE DAY	NO SCHOOL FOR STUDENTS IN-SERVICE DAY	NO SCHOOL FOR STUDENTS IN-SERVICE DAY 	Lunch Breakfast for Lunch Dutch Waffle Sausage Warm Cinnamon Fruit Assorted Vegetables Milk / Juice D 1	Lunch Pizza Seasoned Vegetable Fruit / Vegetables Milk / Juice D 2
Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27	Friday, August 28
Lunch Mini Corn Dogs Mashed Potatoes / Gravy Assorted Fruits Assorted Vegetables Milk / Juice D 3	Lunch Asian Chicken Vegetable Fried Rice Steamed Broccoli Fruit / Vegetables Fortune Cookie Milk / Juice D 4	Lunch Chicken Potstickers Steamed Rice Seasoned Broccoli Assorted Fruits Assorted Vegetables Milk / Juice D 5	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 1	Lunch Chicken Tenders Fries Dinner Roll Steamed Corn Fruit / Vegetables Milk / Juice D 2
Monday, August 31	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
Lunch Cheeseburger Smiles Potatoes Assorted Fruits Assorted Vegetables Milk / Juice D 3	Lunch Soft Beef Taco (Sour Cream on the Side) Brown Rice Seasoned Corn /Black Beans Fruit / Vegetables Milk / Juice D 4	Lunch Breakfast for Lunch French Toast Sticks Sausage Tater Tots Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice D 5	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 1	Lunch Pizza Seasoned Vegetable Assorted Fruits Assorted Vegetables Milk / Juice D 2

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

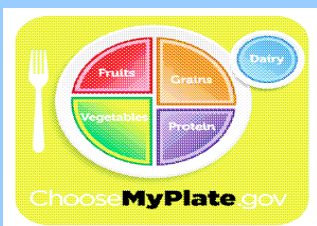
WE ARE HIRING! FOOD SERVICE WORKERS!!!

(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.



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Food Services Director
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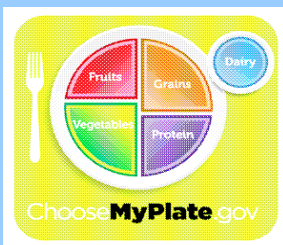
ELEMENTARY

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Cheese Cubes, Turkey Medallions, Crackers, Apple Slices

And
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Learning about
WATERMELON**



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

Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
NO SCHOOL DISTRICT HOLIDAY 	Lunch Nachos Grande or Walking Taco Seasoned Beef & Cheese (Salsa & Sour Cream on the Side) Black Beans / Corn Fruit / Vegetables Milk / Juice D 3	Lunch <i>Breakfast for Lunch</i> Pancakes Sausage Patty Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice D 4	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 5	Lunch Popcorn Chicken Smiles Potatoes Roll Steamed Vegetable Fruit / Vegetables Milk / Juice D 1
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Lunch Mac & Cheese Steamed Vegetable Fruit / Vegetables Milk / Juice D 2	Lunch Asian Chicken Vegetable Fried Rice Steamed Broccoli Fruit / Vegetables Fortune Cookie Milk / Juice D 3	Lunch Cheeseburger Smiles Potatoes Fruit / Vegetables Milk / Juice D 4	Lunch Meatballs and Sauce Twisted Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 5	Lunch Pizza Seasoned Vegetable Fruit / Vegetables Milk / Juice D 1
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
NO SCHOOL FOR STUDENTS IN-SERVICE DAY	Lunch Nachos Grande or Walking Taco Seasoned Beef & Cheese (Salsa & Sour Cream on the Side) Black Beans / Corn Fruit / Vegetables Milk / Juice D 2	Lunch Pizza Burgers Smiley Potatoes Seasoned Vegetable Fruit/Vegetables Milk/Juice <i>*Watermelon Icee*</i> D 3	Lunch Pasta Meat or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 4 Haine Spaghetti and Meatballs	Lunch Chicken Tenders Mashed Potatoes / Gravy Roll Steamed Corn Fruit / Vegetables Milk / Juice D 5
Monday, September 28	Tuesday, September 29	Wednesday, September 30	Thursday, October 1	Friday, October 2
Lunch Chicken Quesadilla (Salsa & Sour Cream on the side) Black Beans /Corn Fruit / Vegetables Milk/Juice D 1	Lunch <i>Breakfast for Lunch</i> Dutch Waffle Sausage Patty Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice D 2	Lunch Grilled Cheese Tomato Soup Goldfish Crackers Seasoned Vegetable Fruit / Vegetables Milk / Juice D 3	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 4	Lunch Pizza Seasoned Vegetable Fruit / Vegetables Milk / Juice D 5

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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 white milk or skim 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!

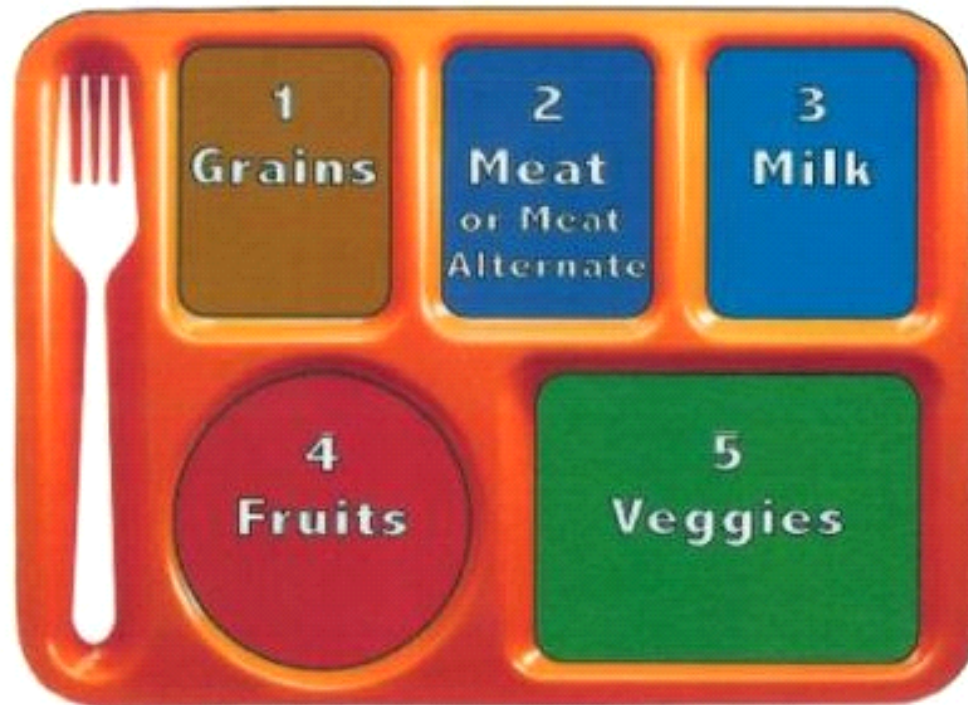
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

If you have any questions please email Nolen Fetchko at fetchkona@svsd.net

OFFER vs SERVE

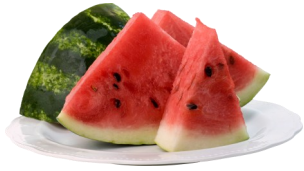
The Five Food Components for School Lunch

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



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

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



Little Dinosaur is learning about 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>