

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

Seneca Valley School District ~ October 2026 ~ RGMS ~ 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 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

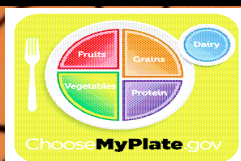
Special guidance for filling out the application can be found in the *Eligibility Manual*.

[Child Nutrition Programs: Income](#)

[Eligibility Guidelines \(2026-2027\) |](#)

[Food and Nutrition Service](#)

usda.gov



Monday, October 5

Lunch

Fiesta Rice & Bean Bowl
 Steamed Vegetable
 Fruit / Vegetables
 Milk / Juice

Tuesday, October 6

Lunch

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

Wednesday, October 7

Lunch

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

Thursday, October 8

Lunch

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

Friday, October 9

Lunch

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

Monday, October 12

Lunch

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

Tuesday, October 13

Lunch

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

Wednesday, October 14

Lunch

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

Thursday, October 15

Lunch

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

Friday, October 16

Lunch

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

Monday, October 19

Lunch

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

Tuesday, October 20

Lunch

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

Wednesday, October 21

Lunch

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

Thursday, October 22

Lunch

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

Friday, October 23

**NO SCHOOL
 FOR STUDENTS
 ACT-80 DAY**

Monday, October 26

Lunch

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

Tuesday, October 27

Lunch

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

Wednesday, October 28

Lunch

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

Thursday, October 29

Lunch

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

Friday, October 30

Lunch

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

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  
 APPLES 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!

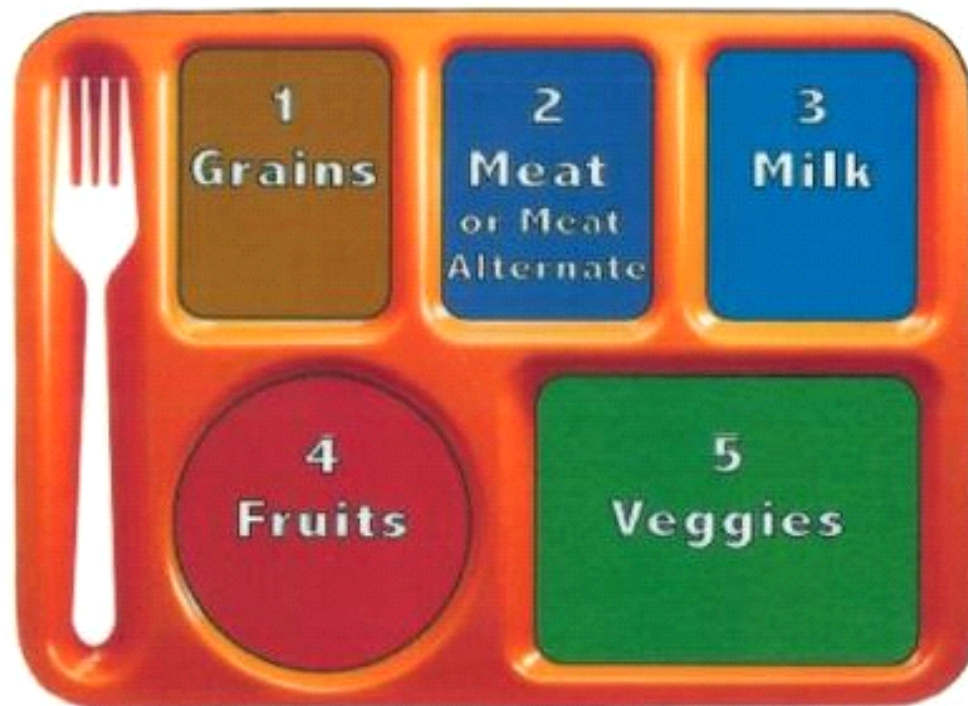
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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***

# Fun Facts about APPLES

## FUN FACTS:

- The Red Delicious apple is Americans favorite snacking apple.
- There are about 7,000 varieties of apples in the world.
- The Pilgrims planted the first apple trees in the Massachusetts Bay Colony.
- Washington State grows the most apples in the United States.

## NUTRITIONAL INFORMATION

- Eat apples with their skin on. Almost half of the Vitamin C in apples is just below the skin.
- Apples help to strengthen your bones.
- An apple a day strengthens lung function.
- There are 5 grams of fiber in a medium sized apple

## FUN WAYS TO EAT

- Add apples to your favorite salad.
- Baked apples are delicious. With an adults help, place a cored apple in a baking dish and put a pat of butter into the center. Drizzle on a little maple syrup and bake in the oven at 375 for about 30 minutes.
- Add freshly grated apples to your pancake mix for a delicious apple pancake.

