

**Seneca Valley School District
October 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

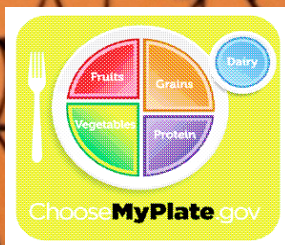
MENU SUBJECT TO CHANGE

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 Rebellious (Vegetarian) Patty Sandwich
- #8 Seneca Snacker
Cheese Cubes, Turkey Medallions, Crackers, Apple Slices

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
APPLES**



Check out our apple 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.

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

Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Lunch Mini Corn Dogs Mashed Potatoes / Gravy Assorted Fruits Assorted Vegetables Milk / Juice D 1	Lunch Orange Chicken Vegetable Fried Rice Steamed Broccoli Fruit / Vegetables Fortune Cookie Milk / Juice D 2	Lunch Cheeseburger Smiles Potatoes Assorted Fruits Assorted 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
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
Lunch Breakfast for Lunch French Toast Sticks Sausage Tater Tots Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice D 1	Lunch Soft Beef Taco (Sour Cream on the Side) Brown Rice Seasoned Corn /Black Beans Fruit / Vegetables Milk / Juice D 2	Lunch Chicken Pot Stickers Steamed Rice Seasoned Broccoli Assorted Fruits Assorted Vegetables Milk / Juice D 3	Lunch Meatballs and Sauce Twisted Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 4	Lunch Chicken Tenders / Fries Roll / Steamed Corn Fruit / Vegetables Milk / Juice HAINE ONLY Pizza or Ham & Cheese Croissant D 5
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Lunch Mac & Cheese Steamed Vegetable Assorted Fruit Assorted Vegetables Milk / Juice D 1	Lunch Orange Chicken Vegetable Fried Rice Steamed Broccoli Fruit / Vegetables Fortune Cookie Milk / Juice D 2	Lunch Popcorn Chicken Smiles Potatoes Roll Steamed Vegetable Fruit / Vegetables Milk / Juice D 3	Lunch Pizza Seasoned Vegetable Fruit / Vegetables Milk / Juice D 4	NO SCHOOL FOR STUDENTS ACT- 80 DAY
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
Lunch Dutch Waffle Spiderwebs Scary Sausage Patty Wacky Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice D 5	Lunch Nachos Grande or Walking Taco Seasoned Beef & Cheese (Salsa & Sour Cream on the Side) Black Beans / Corn Fruit / Vegetables Milk / Juice D 1	Lunch Grilled Cheese Tomato Soup Goldfish Crackers Seasoned Vegetable Fruit / Vegetables Milk / Juice D 2	Lunch Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Vegetable Fruit / Vegetables Milk / Juice D 3	Lunch Bat Shaped Chicken Nuggets Emoji Potatoes Steamed Vegetable Fruit / Vegetables Milk / Juice Cookie D 4

Happy
Halloween



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 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!

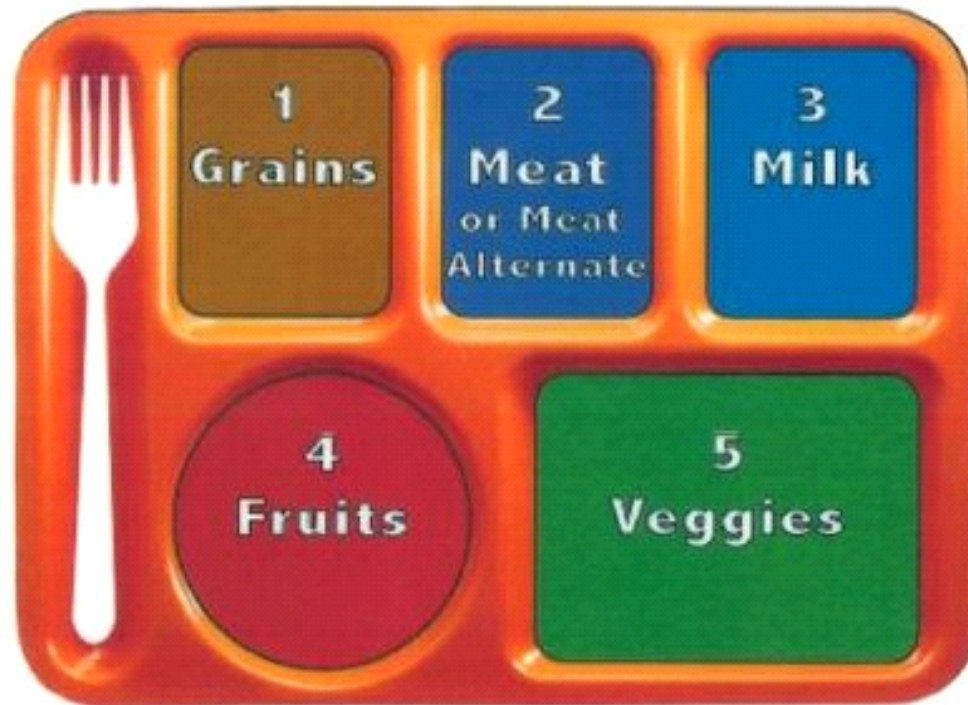
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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***

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.

