Join our Food Services Team!

Benefits

- One free lunch for your student each day!
- Starting wage of $16.30/hour!
- Start work after your students get on the bus, and be home before they get dropped off in the afternoon!
- A work schedule that coincides with your students' school schedules!

Now Looking For:

- Senior High School
- Substitute Workers - District wide (Wage is $15.05/hour)

How to Apply

Please contact Nolen Fetchko, Food Service Director, via email or by phone to express your interest in joining our Food Services Team! We look forward to hearing from you!

Email: fetchkona@svsd.net Phone: 724-452-6040 x1634

Seneca Valley School District
November 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

GRADES 7 to 8 Cafeteria Stations

Raider's Grill
Cheeseburgers
Chicken Patty Sandwich
Spicy Chicken Patty Sandwich
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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 SQUASH on the following page!

## 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.

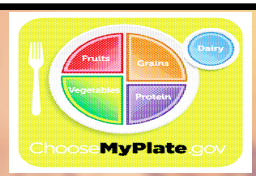
Eligibility for free/reduced meals must be established each school year, regardless of eligibility in previous years.

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 November 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)




## Seneca Valley School District ~ November 2026 ~ RGMS ~ Grades 7 to 8

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **November 2**<br>**Lunch**<br>Meatball Hoagie<br>Curly Fries<br>Steamed Vegetable<br>Fruit / Vegetables<br>Milk / Juice | **November 3**<br>**Lunch**<br>Breaded Chicken Bites<br>Mashed Potatoes<br>Gravy / Roll<br>Steamed Corn<br>Fruit / Vegetables<br>Milk / Juice | **November 4**<br>**Lunch**<br>Pasta<br>Meat Sauce or<br>Marinara Sauce<br>Breadstick<br>Steamed Vegetable<br>Fruit / Vegetables<br>Milk / Juice | **November 5**<br>**Lunch**<br>Orange Chicken<br>Vegetable Fried Rice<br>Steamed Broccoli<br>Fruit / Vegetables<br>Fortune Cookie<br>Milk / Juice | **November 6**<br>**Lunch**<br>Chicken Quesadilla<br>Salsa and Sour Cream<br>Black Beans / Corn<br>Steamed Rice<br>Fruit / Vegetables<br>Milk / Juice |
| **November 9**<br>**Lunch**<br>Chicken Potstickers<br>Steamed Rice<br>Seasoned Broccoli<br>Fruits / Vegetables<br>Milk / Juice | **November 10**<br>**Lunch**<br>Chicken Tenders<br>Mashed Potatoes<br>Gravy / Roll<br>Steamed Corn<br>Fruit / Vegetables<br>Milk / Juice | **November 11**<br>**NO SCHOOL FOR STUDENTS IN-SERVICE DAY** | **November 12**<br>**Lunch**<br>Mini Corn Dogs<br>Baked Beans<br>French Fries<br>Fruit / Vegetables<br>Milk / Juice | **November 13**<br>**Lunch**<br>*Breakfast for Lunch*<br>French Toast Sticks<br>Sausage Patty<br>Cheesy Hashbrowns<br>Warm Cinnamon Fruit<br>Fruit / Vegetables<br>Milk / Juice |
| **November 16**<br>**Lunch**<br>Fiesta Rice & Bean Bowl<br>Steamed Vegetable<br>Fruit / Vegetables<br>Milk / Juice | **November 17**<br> | **November 18**<br>**Lunch**<br>Pasta<br>Meat Sauce or<br>Marinara Sauce<br>Breadstick<br>Steamed Vegetable<br>Fruit / Vegetables<br>Milk / Juice | **November 19**<br>**Lunch**<br>Chicken Tenders<br>Mashed Potatoes<br>Gravy/ Roll<br>Fruit / Vegetables<br>Milk / Juice | **November 20**<br>**Lunch**<br>Chicken Potstickers<br>Steamed Rice<br>Seasoned Broccoli<br>Fruit / Vegetables<br>Milk / Juice |
| **November 23**<br>**Lunch**<br>Grilled Cheese<br>Tomato Soup<br>Smile Potatoes<br>Steamed Vegetable<br>Fruit / Vegetables<br>Milk / Juice | **November 24**<br>**Lunch**<br>Popcorn Chicken<br>Mashed Potatoes<br>Gravy/ Roll<br>Fruit / Vegetables<br>Milk / Juice | **November 25**<br>**NO SCHOOL DISTRICT HOLIDAY** | **November 26**<br>**NO SCHOOL DISTRICT HOLIDAY** | **November 27**<br>**NO SCHOOL DISTRICT HOLIDAY** |
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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 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!

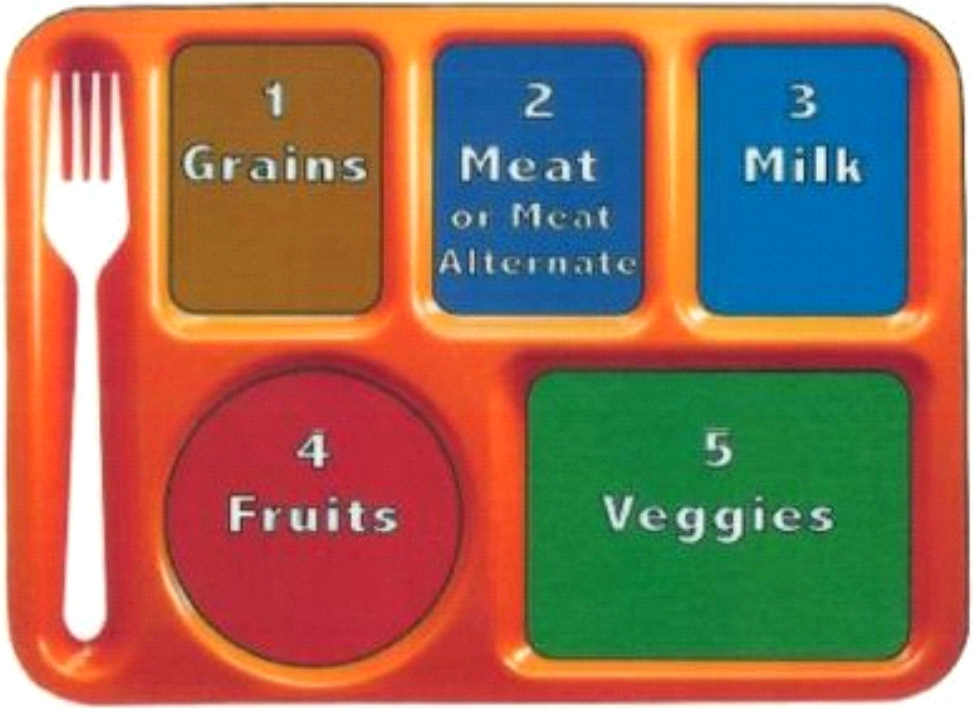
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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 SQUASH



FUN FACTS

- Native Americans introduced squash and pumpkins to the pilgrims to help them survive the harsh winter months with these hardy crops.
- Presidents Washington and Jefferson grew all types of squash in their gardens.
- Pilgrims used to treat themselves to an early form of them pumpkin pie by scooping out the seeds and the “string”, then filling the pumpkin with milk, spices and syrup, and baking it in hot ash.

NUTRITIONAL INFORMATION

- Pumpkins are an excellent source of vitamin A—just 1/2 cup provides you with 5 times the recommended daily allowance!
- Winter squash and sweet potatoes are a good source of beta-carotene. Our bodies use beta-carotene to make vitamin A, a nutrient important for immune function, vision, skin and bone health. Rutabagas are a great source of potassium. Eating foods rich in potassium can help protect against high blood pressure.

FUN WAYS TO EAT

- Try roasting pumpkin seeds for a fun snack. Toss dried pumpkin seeds with a little oil and roast in 250-degree oven for 10 to 15 minutes.
- Looking for a healthy on-the-go snack? Spread 2 tablespoons of peanut butter on a cabbage leaf and roll it up for a “walking salad”.
- Cut sweet potato wedges, brush with a little oil, salt and pepper and bake in the oven for a healthy treat!

