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
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

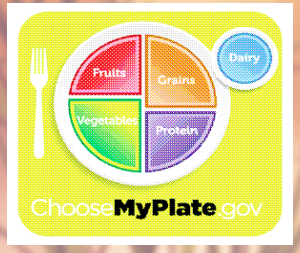
#5 Fresh Deli Sandwich (Chef's Choice)

#6 Yogurt Basket
4 oz. Yogurt & Whole Grain Item & Protein

#7 Rebellyous (Vegetarian) Patty Sandwich

#8 Seneca Snacker
Cheese Cubes, Turkey Medallions, Crackers, 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 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)

Little Dinosaur is Learning about SQUASH



Check out our squash 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 ~ November 2026 ~ Grades 1 to 6

Monday	Tuesday	Wednesday	Thursday	Friday
November 2 **Lunch** Mini Corn Dogs Potato Smiles Assorted Fruit Assorted Vegetables Milk / Juice **D 5**	**November 3** **Lunch** Nachos Grande or Walking Taco Seasoned Beef & Cheese (Salsa & Sour Cream on the Side) Black Beans / Corn Fruit / Vegetables Milk / Juice **D 1**	**November 4** **Lunch** Orange Chicken Vegetable Fried Rice Steamed Broccoli Fruit/Vegetables Milk/Juice **D 2**	**November 5** **Lunch** Pasta Meat or Marinara Sauce Breadstick Steamed Green Beans Fruit / Vegetables Milk / Juice **D 3**	**November 6** **Lunch** Chicken Tenders Mashed Potatoes / Gravy Roll Seasoned Vegetable Fruit / Vegetables Milk / Juice **D 4**
November 9 **Lunch** Mac & Cheese Steamed Vegetable Pretzel Rod Assorted Fruit Assorted Vegetables Milk/Juice **D 5**	**November 10** **Lunch** *Breakfast for Lunch* Pancakes Sausage Patty Warm Cinnamon Fruit Fruit / Vegetables Milk / Juice **D 1**	**November 11** **NO SCHOOL FOR STUDENTS IN-SERVICE DAY**	**November 12** **Lunch** Meatballs and Sauce Twisted Breadstick Steamed Green Beans Fruit / Vegetables Milk / Juice **D 2**	**November 13** **Lunch** Pizza Seasoned Vegetable Fruit / Vegetables Milk / Juice **D 3**
November 16 **Lunch** Chicken Quesadilla (Salsa & Sour Cream on the side) Black Beans/Corn Assorted Fruits Assorted Vegetables Milk / Juice **D 4**	**November 17**  **D 5**	**November 18** **Lunch** Cheeseburger Smiles Potatoes Assorted Fruits Assorted Vegetables Milk / Juice **D 1**	**November 19** **Lunch** Pasta Meat Sauce or Marinara Sauce Breadstick Steamed Green Beans Fruit / Vegetables Milk / Juice **D 2**	**November 20** **Lunch** Chicken Tenders Fries Dinner Roll Seasoned Vegetables Milk / Juice **Brazil Sample Day @ Haine** **D 3**
November 23 **Lunch** *Breakfast for Lunch* French Toast Sticks Sausage Patty Tater Tots Warm Cinnamon Fruit Fruit/Vegetables Milk / Juice **D 4**	**November 24** **Lunch** Pizza Seasoned Vegetable Fruit / Vegetables Milk / Juice **D 5**	**November 25** **NO SCHOOL DISTRICT HOLIDAY**	**November 26** **NO SCHOOL DISTRICT HOLIDAY**	**November 27** **NO SCHOOL DISTRICT HOLIDAY**

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!

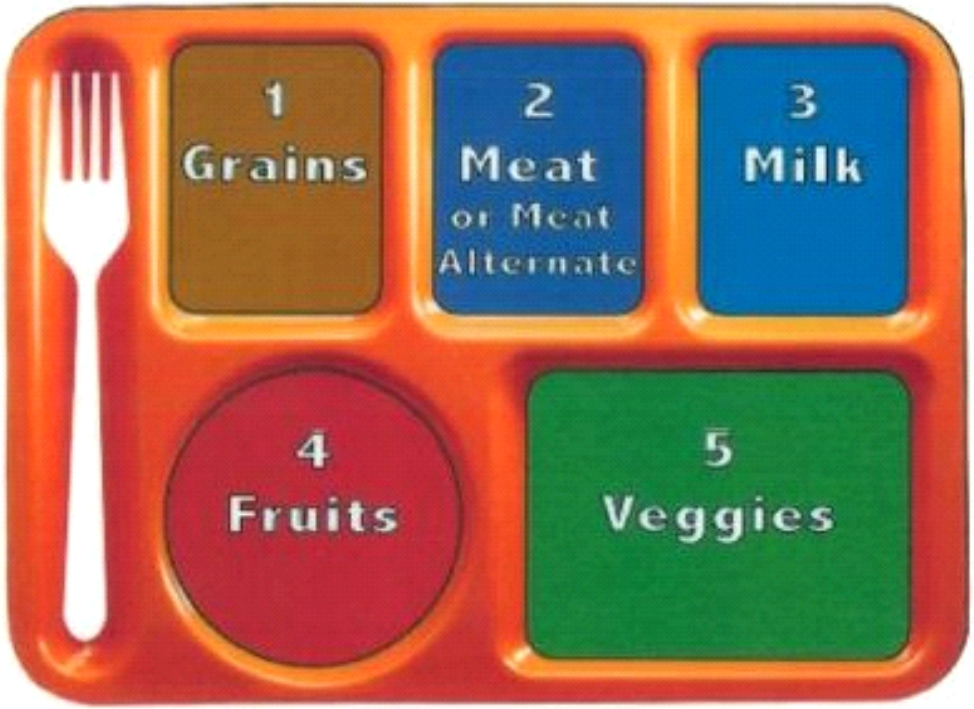
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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 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!

