<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Event</strong></td>
<td><strong>Main Event</strong></td>
<td><strong>Main Event</strong></td>
<td><strong>Main Event</strong></td>
<td><strong>Main Event</strong></td>
</tr>
<tr>
<td>Totally Tacos</td>
<td>Baked Chicken</td>
<td>Hot Dog Bar</td>
<td>Pasta (Marinara or Meat Sauce)</td>
<td>Assorted Hot Sandwiches or Pizza</td>
</tr>
<tr>
<td><strong>FEATURED VEggIE &amp; FRUIT</strong></td>
<td><strong>FEATURED VEggIE &amp; FRUIT</strong></td>
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<td><strong>FEATURED VEggIE &amp; FRUIT</strong></td>
</tr>
<tr>
<td>Rice / Rice Mix / Black Beans</td>
<td>Mashed Potatoes / Gravy / Biscuit</td>
<td>French Fries</td>
<td>Twisted Breadstick</td>
<td>Steamed Broccoli</td>
</tr>
<tr>
<td></td>
<td>Steamed Mixed Vegetables / Apples</td>
<td>Baked Beans</td>
<td>Steamed Green Beans</td>
<td>Chilled Peas</td>
</tr>
<tr>
<td></td>
<td><strong>A la carte Items</strong></td>
<td><strong>A la carte Items</strong></td>
<td><strong>A la carte Items</strong></td>
<td><strong>A la carte Items</strong></td>
</tr>
<tr>
<td>Choice of Juice</td>
<td>Choice of Milk</td>
<td>Vegetable Juice</td>
<td>Choice of Juice</td>
<td>Choice of Juice</td>
</tr>
</tbody>
</table>

**What makes up a meal:**

- **Entrée**
- Fruits and or Juice
- Vegetables
- **Grain**
- **Milk**

Please choose at least 3 of the 5 items listed above to receive the meal price. One of the 3 must be a fruit or vegetable.

**Limited Fruits and Vegetables**

**Vegetable Choices:**
- - Hot Vegetables
- Oven Ready Fries
- - Toasted Salad
- - Cucumber slices
- Cole Slaw
- - Celery Sticks
- Cherry Tomatoes
- - Baby Carrots
- - Juice (Vegetable)

**And more:**
- Fruit Choices: - Applesauce
- - Apples
- - Peaches
- - Pears
- - Pineapple
- - Mixed Fruit
- - Bananas
- - Oranges
- - Mandarin Oranges
- - - Hot Cinnamon Apples
- - - Frozen Fruit Cup
- - - Juice (Apple, Orange)

**And more:**
- Choice of (Low-fat Chocolate milk, Skim White, and Lactose Free)

**Secondary Prices**

- Lunch: $3.00
- Meal: $3.45
- Reduced: $4.00
- Adult Lunch: $4.25
- Adult Premium: $4.75

**Bottled Water:** $1.00

**Choice of Juice**

- - Choice of Milk

**No School ACT 80 Day**

- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**

**Special: Read across America**

- Dr. Seuss's Birthday is March 2nd!
- Read Across America Week is March 2nd - 6th!

**FREE or REDUCED LUNCH INFORMATION**

If you did not fill out a new application for the 2019-2020 school year, your application has EXPIRED ON OCTOBER 11, 2019. This is a yearly application and you may fill out a new application at any time during the year.

If you would like to see if you qualify for the program, you can fill out an application.

Applications can be picked up at the school office or can be found on our district website: www.svsd.net

**District website/Departments/Food Services**

Thank you for participating in the National School Lunch Program.

**What is our Students Eating Today?**

- **Monday**
  - Main Event: Totally Tacos
  - **FEATURED VEggIE & FRUIT**
  - Rice / Rice Mix / Black Beans
  - Sour Cream / Steamed Corn
  - Chilled Mandarin Oranges
  - Choice of Juice | Choice of Milk

- **Tuesday**
  - 2 Main Events
  - **Main Event**
  - **Main Event**

- **Wednesday**
  - 4 Main Events
  - **Main Event**
  - **Main Event**
  - **Main Event**
  - **Main Event**

- **Thursday**
  - 5 Main Events
  - **Main Event**
  - **Main Event**
  - **Main Event**
  - **Main Event**

- **Friday**
  - 6 Main Events
  - **Main Event**

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**Serves 20 Day**

- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**

**Special:**

- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**

**Special 2020**

- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**
- **Main Event**

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**Lunch Choices Offered**

**Daily**

- **South of the Border Premium Meal $3.45**
  - Mexican Chicken
  - Options may include: Salads, Tortilla Chips, Nacho Chips

- **Grab-N-Go**
  - Crispy Chicken Ranch Wrap
  - Spicy Chicken Ranch Wrap
  - Raider's Hoagie (Ham, Turkey, American Cheese, and Bacon)

- **The Greenery**
  - Mixed Greens with a variety of Toppings and Dressings

- **Pizzeria Premium Meal $3.45**
  - Buffalo Pizza
  - Buffalo Chicken Pizza
  - Pepperoni Pizza

- **Raiders Grill MTO Daily**
  - Cheeseburgers
  - Chicken Patty Sandwich
  - Spicy Chicken Patty Sandwich
  - Veggie Burger MTO

**Special:**

- **Chef's Featured sandwich**
  - Hot Pretzel Meal
  - Soft Pretzel Meal
  - Yogurt Parfait Meal
  - **Main Event**

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**What is our Students Eating Today?**

- **Monday**
  - **Main Event**
  - **Main Event**

- **Tuesday**
  - 2 Main Events
  - **Main Event**
  - **Main Event**

- **Wednesday**
  - 3 Main Events
  - **Main Event**
  - **Main Event**
  - **Main Event**

- **Thursday**
  - 4 Main Events
  - **Main Event**
  - **Main Event**
  - **Main Event**

- **Friday**
  - 5 Main Events
  - **Main Event**
  - **Main Event**
  - **Main Event**

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**What's New on Our Menu?**

- **FEATURED VEggIE & FRUIT**
  - Breaded Chicken / French Fries
  - Chilled Mandarin Oranges
  - Choice of Juice | Choice of Milk

- **FEATURED VEggIE & FRUIT**
  - Mashed Potatoes / Gravy / Biscuit
  - Steamed Corn
  - Chilled Mixed Vegetables
  - Choice of Juice | Choice of Milk

- **FEATURED VEggIE & FRUIT**
  - French Fries
  - Baked Beans
  - Frozen Fruit Cup
  - Vegetable Juice | Choice of Milk

- **FEATURED VEggIE & FRUIT**
  - Twisted Breadstick
  - Steamed Green Beans
  - Chilled Peas
  - Choice of Juice | Choice of Milk

- **FEATURED VEggIE & FRUIT**
  - Baked Beans
  - French Fries
  - Steamed Mixed Vegetables
  - Choice of Juice | Choice of Milk

- **FEATURED VEggIE & FRUIT**
  - Twisted Breadstick
  - Steamed Green Beans
  - Chilled Peas
  - Choice of Juice | Choice of Milk

- **FEATURED VEggIE & FRUIT**
  - French Fries
  - Cole Slaw
  - Frozen Fruit Cup
  - Apple Crisp
  - Vegetable Juice | Choice of Milk

- **FEATURED VEggIE & FRUIT**
  - Twisted Breadstick
  - Steamed Green Beans
  - Chilled Peas
  - Choice of Juice | Choice of Milk

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**Thank you for participating in the National School Lunch Program.**
### Everyday Salads and Sandwiches

<table>
<thead>
<tr>
<th>Salad/Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy Chicken Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese on a Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Turkey and Cheese on a Bun</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

### Everyday Wraps

<table>
<thead>
<tr>
<th>Wrap</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy Chicken Ranch Wrap</td>
<td>$3.00</td>
</tr>
<tr>
<td>Spicy Chicken Ranch Wrap</td>
<td>$3.00</td>
</tr>
<tr>
<td>Turkey in a Flour Tortilla</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

### Weekly Premium Specials $3.45—Student

#### PREMIUM SALADS

**Week 1: Chef Salad**—Mixed Greens, Ham, Turkey, Shredded Cheddar  
(March 2) Hard Boiled Egg, and Croutons

**Week 2: Asian Chicken Salad**—Diced Chicken, Mixed  
(March 9) Greens, Mandarin Oranges, Diced Green Pepper, Red Onion, Crispy Noodles.

**Week 3: Oven Roasted Turkey Salad**—Mixed Greens, Diced Turkey, Egg,  
(March 16) Black Olives, Tomatoes, Cucumbers and Cheese

**Week 4: Buffalo Chicken Salad**—Mixed Greens, Spicy Premium Chicken Breast, Bacon, Cheddar Cheese, Tomatoes, Diced Mango, Croutons

**Week 5: Cobb Salad**—Mixed Greens, Chicken, Bacon, Egg, Black Olives,  
(March 30) Tomatoes, Cucumbers and Cheese

### Weekly Premium Specials $4.75—Adult

#### PREMIUM WRAPS

**Week 1: Spicy Buffalo Chicken Wrap**—Breaded Chicken Tenders coated in  
(March 2) hot sauce, Diced Tomatoes, Shredded Lettuce, Ranch Dressing in a Flour Wrap

**Week 2: Chicken Bacon Ranch Wrap**—Chicken, Bacon, Lettuce, Tomato  
(March 9) Cheddar Cheese, Ranch Dressing in a Spinach Wrap

**Week 3: Club Wrap**—Shaved Oven Roasted Turkey Breast,  
(March 16) Sliced Ham, Bacon, American Cheese, Lettuce, Tomato and Mayonnaise in a Flour Wrap

**Week 4: Italian Classic Wrap**—Ham, Salami, Roasted Red Peppers,  
(March 23) Banana Peppers, Mozzarella Cheese, Lettuce, Tomato  
And Creamy Italian Dressing in a Flour Wrap

**Week 5: Chicken Caesar Wrap**—Breaded Chicken Breast, Lettuce  
(March 30) Croutons, Parmesan Cheese, Caesar Dressing in a Flour Wrap
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, 1 % chocolate milk and lactose free.
- 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 Ryan Gloyer Middle School and the High School from 7:25 – 8:00 a.m. daily!

If you are on the free or reduced program and 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 Darlene Carmack at carmackda@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
Facts about LEGUMES

And

National Nutrition Month!

Legume Nutrition Facts and Health Benefits

- Legumes belong to the vegetable group of food. There are a wide variety of legumes and they grow on vines or bushes. Some examples are Black beans, Soybeans, Garbanzo Beans, Peanuts, Peas, and Lentils.
- Legumes are great for their protein content. They are great sources of protein for non-meat eaters.
- They are also great sources of minerals and fiber.
- Because of their fiber content, they don’t spike insulin levels and inhibit fat loss as grains and other simple carbohydrates do.

Ways to Consume Legumes

- Soybeans can be made into milk, soy flour, tempeh and tofu.
- Lentils can be used in a variety of vegetarian dishes.
- Dried beans and peas are good in casseroles, soups and stews once you have let them soak in water overnight, so that they plump to their full size.
- Some recipes that you could make are Bean Quesadilla, Spicy Bean Salsa, and Hummus.

Nutrition Month Facts

- Be physically active everyday.
- Choose healthy food choices from each food group.
- Vary your fruits and vegetables.
- Eat lean proteins such as, turkey, chicken and fish.

CAFETERIA FACTS

- Unlimited Fruits and Vegetables are offered daily.
- Whole grain breads/rolls are available daily.
- No items are deep fried.
- Salad dressings are low-fat or reduced fat.
- No raw eggs or raw egg products are used.
- Chicken nuggets are breaded in whole grain breading and baked.
- All potatoes are oven baked.
- Food items are “Trans-fat free” as defined by the State.
- Snack items are baked and limited in fat, calories and sodium.

https://ultimatepaleoguide.com/what-are-legumes-paleo/