

Seneca Valley School District
March 2024
RGMS
Grades 7 to 8

Grades 7 to 8 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

The Greenery

Full Self-Serve Salad Bar
 (Variety of toppings, proteins and grains)

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

**Main Lunch featured on calendar>>**

**Gluten Free meal option available per request**

All Meals come with a **Fruit / Vegetable / Milk**

Milk choices are  
 1% White, 1%Chocolate, Lactose Free

**PREMIUM MEALS (PIZZA)** 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 **LEGUMES** 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 for the 2023-2024 school year.

In addition to free breakfast, students that have been approved for reduced meals will receive lunch at no cost for the 2023-2024 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 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](mailto:Nelsonfd@svsd.net)**

**or can be found on our district website:**

[www.svsd.net](http://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 (2023-2024) | Food and Nutrition Service**  
[usda.gov](http://usda.gov)

Monday, March 4

**Lunch**

Chicken Tenders  
 Mashed Potatoes  
 Gravy / Roll  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Monday, March 11

**Lunch**

Popcorn Chicken  
 Chef's Choice of Potatoes / Roll  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Monday, March 18

**Lunch**

Chicken Tenders  
 Chef's Choice of Potatoes / Pretzel Rod  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice  
 Dessert ICEE



Monday, March 25

**Lunch**

Popcorn Chicken  
 Mashed Potatoes & Gravy / Roll  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Tuesday, March 5

**Lunch**

Asian Chicken  
 Vegetable Fried Rice  
 Steamed Broccoli  
 Fortune Cookie  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Tuesday, March 12

**Lunch**

Meatball Hoagie  
 Chef's Choice of Side  
 Steamed Vegetable  
 Fruit / Vegetables  
 Milk / Juice

Tuesday, March 19



**Lunch**

Walking Taco  
 Seasoned Beef & Cheese  
 Salsa and Sour Cream  
 Black Beans / Corn  
 Steamed Rice  
 Fruits / Vegetables  
 Milk / Juice

Tuesday, March 26

**Lunch**

**Breakfast for Lunch**  
 Dutch Waffle  
 Sausage Patty  
 Chef's Choice of Potato  
 Warm Cinnamon Fruit  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Wednesday, March 6

**Lunch**

Nachos Grande  
 Seasoned Beef & Cheese  
 Salsa and Sour Cream  
 Black Beans / Corn  
 Steamed Rice  
 Fruits / Vegetables  
 Milk / Juice

Wednesday, March 13

**Lunch**

Grilled Cheese  
 Tomato Soup  
 Smiles Potatoes  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Wednesday, March 20

**Lunch**

Asian Chicken  
 Vegetable Fried Rice  
 Steamed Broccoli  
 Fortune Cookie  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Wednesday, March 27

**Lunch**

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

Thursday, March 7

**Lunch**

Pasta  
 Meat Sauce or  
 Marinara Sauce  
 Grades 7-8 Breadstick  
 Steamed Vegetable  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Thursday, March 14

**Lunch**

Pasta  
 Meat Sauce or  
 Marinara Sauce  
 Grades 7-8 Breadstick  
 Steamed Vegetable  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Thursday, March 21

**Lunch**

Pasta  
 Meat Sauce or  
 Marinara Sauce  
 Grades 7-8 Breadstick  
 Steamed Vegetable  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Thursday, March 28

**Lunch**

Pasta and Meatballs or  
 Marinara Sauce  
 Grades 7-8 Breadstick  
 Steamed Vegetable  
 Assorted Fruits  
 Assorted Vegetables  
 Milk / Juice

Friday, March 8

**Lunch**

Pulled Pork Sandwich  
 On a Pretzel Bun or  
 Sandwich Bun  
 Curly Fries  
 Coleslaw  
 Steamed Vegetable  
 Fruit / Vegetables  
 Milk / Juice

**Fish Sandwich Available**

Friday, March 15

**NO SCHOOL FOR STUDENTS ACT 80 DAY**

Friday, March 22

**Lunch**

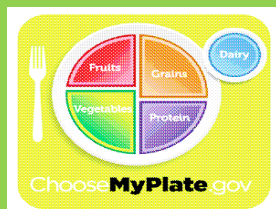
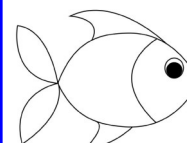
**Breakfast for Lunch**  
 Pancakes  
 Sausage / Eggs or  
 Cheese Sticks  
 Chef's Choice of Potatoes  
 Fruit / Vegetables  
 Milk / Juice

**Fish Sandwich Available**

Friday, March 29

**NO SCHOOL SPRING BREAK**

Fish Sandwiches  
 Available  
 During Lent



## 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 High School and Intermediate from 7:25-8:00 a.m. daily!

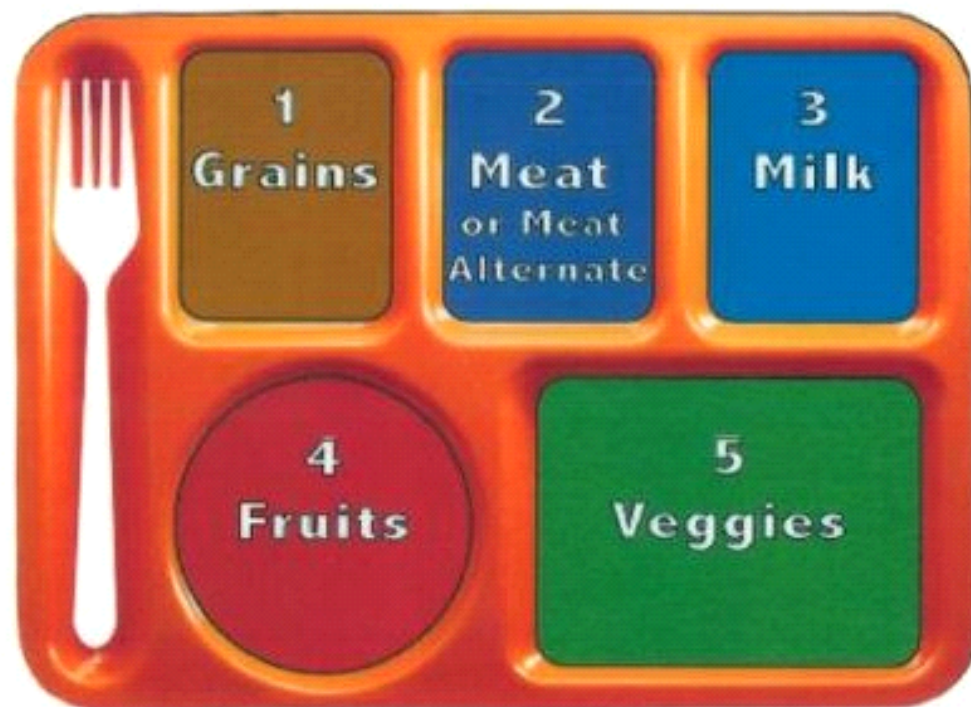
If you cannot arrive in time to eat breakfast please contact your building principal to make arrangements for your meal.

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***

### Legumes

Legumes are a simple dry fruit contained within a shed or a pod. The most common legumes are peas, beans and peanuts.

# Fun 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.

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### 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.