

JANUARY 2018

Southern Lehigh Gluten Free Menu

MONDAY

NO SCHOOL!

**WINTER
BREAK!**

8
Cheese Pizza
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

NO SCHOOL!

**MLK
HOLIDAY!**

22
Cheese Pizza
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

29
Mac & Cheese
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

TUESDAY

NO SCHOOL!

**WINTER
BREAK!**

9
Chicken Chunks
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

16
Mac & Cheese
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

23
Chicken Chunks
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

30
Cheese Pizza
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

WEDNESDAY

3
Cheese Pizza
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

10
Mac & Cheese
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

17
Cheese Pizza
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

24
Mac & Cheese
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

31
Chicken Chunks
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

THURSDAY

4
Chicken Chunks
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

11
Cheese Pizza
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

18
Chicken Chunks
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

25
Cheese Pizza
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

FRIDAY

5
Mac & Cheese
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

12
Chicken Chunks
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

19
Mac & Cheese
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

26
Chicken Chunks
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

Meal Information

Meals come with vegetable, milk, and fruit.

Vegetable choices include the fresh vegetable of the day or the featured vegetable of the day. Fresh vegetables are available each day and can also be taken in addition to the featured vegetable of the day (listed on the regular menu).

LUNCH PRICES

Elem & JPLIS \$2.75

HS & MS \$3.05

*Entrée items not purchased as a meal and seconds of gluten free items must be charged at A la Carte pricing as listed on the cafeteria price list found online.

**Please Note - The Gluten Free Menu selection is only available to those students who have turned in the Medical Plan of Care form, listing the need as such, by the student's physician and signed by the physician. **Requests made by parents alone cannot be honored. Thank you for your cooperation and understanding.

Cafeteria News

Visit www.ezschoollpay.com to view your child's lunch account and make payments online!

* Students **MUST** take a fruit or a vegetable to make a complete meal/qualifying reimbursable lunch.

****Menu Subject to Change**

++This institution is an equal opportunity provider and employer.

DID YOU KNOW...

JANUARY IS NAMED AFTER THE ROMAN GOD JANUS, WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS. HE LOOKED BACK TO THE LAST YEAR AND FORWARD TO THE NEW ONE.