

JANUARY 2018

Southern Lehigh High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL! WINTER BREAK!	2 NO SCHOOL! WINTER BREAK!	3 Chicken Patty Sandwich Sweet Potato Fries Assorted Fresh or Canned Fruit Choice of Milk	4 Mini Pancakes 2 Sausage Links 2 Hash Browns Assorted Fresh or Canned Fruit Choice of Milk	5 French Bread Pizza Tossed Salad w/ Choice of Dressing Assorted Fresh or Canned Fruit Choice of Milk
8 Chicken Nuggets Goldfish Crackers Steamed Broccoli Assorted Fresh or Canned Fruit Choice of Milk	9 <i>Taco Tuesday!!</i> Taco in a Bag Seasoned Beans Spanish Rice Assorted Fresh or Canned Fruit Choice of Milk	10 2 Hot Dogs on Buns Raw Baby Carrots Assorted Fresh or Canned Fruit Choice of Milk	11 Stuffed Crust Pizza Tossed Salad w/ Choice of Dressing Assorted Fresh or Canned Fruit Choice of Milk	12 Bacon, Egg, & Cheese Bagel 2 Hash Browns Assorted Fresh or Canned Fruit Choice of Milk
15 NO SCHOOL! MLK HOLIDAY!	16 Teriyaki Chicken w/ Vegetable Lo Mein Raw Baby Carrots Assorted Fresh or Canned Fruit Choice of Milk	17 Mickey's Pizza Steamed Broccoli Assorted Fresh or Canned Fruit Choice of Milk	18 Chicken Turnover Mashed Potatoes & Gravy Steamed Corn Dinner Roll Assorted Fresh or Canned Fruit Choice of Milk	19 Max Stix* w/ Marinara Tossed Salad w/ Choice of Dressing Assorted Fresh or Canned Fruit Choice of Milk
22 Popcorn Chicken Cheez-It Crackers Baked Beans Assorted Fresh or Canned Fruit Choice of Milk	23 French Toast Sticks 2 Sausage Links 2 Hash Browns Assorted Fresh or Canned Fruit Choice of Milk	24 Cheese or Pepperoni Big Daddy's Pizza Steamed Peas Assorted Fresh or Canned Fruit Choice of Milk	25 Pierogis & Meatballs w/ Marinara Steamed Broccoli Assorted Fresh or Canned Fruit Choice of Milk	26 Grilled Cheese Sandwich Tomato Soup Assorted Fresh or Canned Fruit Choice of Milk
29 Chicken Patty Sandwich Sweet Potato Fries Assorted Fresh or Canned Fruit Choice of Milk	30 French Bread Pizza Tossed Salad w/ Choice of Dressing Assorted Fresh or Canned Fruit Choice of Milk	31 Mini Eggo Waffles 2 Sausage Links 2 Hash Browns Assorted Fresh or Canned Fruit Choice of Milk	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.	

Alternates

Salad Bar
Assorted Sandwiches
Pizza
PB Jamwich
Soft Pretzels
Assorted Snacks
Fruit & Yogurt Parfaits
Fresh Baked Cookies every Monday, Wednesday, & Friday!!
Veggie Burgers on Tuesdays, Wednesdays, & Thursdays
**All meals come with choice of fruit, vegetable, & milk*

**** Fresh vegetable sides are offered daily!! They can be taken along with the 5 meal components or in place of the vegetable of the day listed on the menu.**

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.

Meal Price \$3.05
Salad Bar Meal \$3.50
Subway Meal \$3.50

****Menu Subject to Change**

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