

JANUARY 2018

Southern Lehigh Middle School

MONDAY

NO SCHOOL!

**WINTER
BREAK!**

Chicken Nuggets
Goldfish Crackers
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

NO SCHOOL!

**MLK
HOLIDAY!**

Popcorn Chicken
Cheez-It Crackers
Baked Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

Chicken Patty
Sandwich
Sweet Potato Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

TUESDAY

NO SCHOOL!

**WINTER
BREAK!**

Taco Tuesday!!
Taco in a Bag
Seasoned Beans
Spanish Rice
Assorted Fresh or
Canned Fruit
Choice of Milk

Mickey's Pizza
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

French Toast Sticks
2 Sausage Links
2 Hash Browns
Assorted Fresh or
Canned Fruit
Choice of Milk

French Bread Pizza
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

WEDNESDAY

Chicken Patty
Sandwich
Sweet Potato Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

2 Hot Dogs on Buns
Raw Baby Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

Chicken Turnover
Mashed Potatoes
& Gravy
Steamed Corn
Dinner Roll
Assorted Fresh or
Canned Fruit
Choice of Milk

Cheese or
Pepperoni Big
Daddy's Pizza
Steamed Peas
Assorted Fresh or
Canned Fruit
Choice of Milk

Mini Eggo Waffles
2 Sausage Links
2 Hash Browns
Assorted Fresh or
Canned Fruit
Choice of Milk

THURSDAY

Mini Pancakes
2 Sausage Links
2 Hash Browns
Assorted Fresh or
Canned Fruit
Choice of Milk

Stuffed Crust Pizza
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

Max Stix* w/
Marinara
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

Pierogis
& Meatballs w/
Marinara
Steamed Broccoli
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.**

FRIDAY

French Bread Pizza
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

Bacon, Egg, &
Cheese Bagel
2 Hash Browns
Assorted Fresh or
Canned Fruit
Choice of Milk

Teriyaki Chicken w/
Vegetable Lo Mein
Raw Baby Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

Grilled Cheese
Sandwich
Tomato Soup
Assorted Fresh or
Canned Fruit
Choice of Milk

Alternates

Salad Bar
Soup
Assorted Sandwiches
Pizza
PB Jamwich
Soft Pretzels
Nachos & Cheese
Assorted Snacks
Yogurt

Not all items are available every day.

**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.