

February 2024

Southern Lehigh High School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Groundhog Day, celebrated on February 2nd, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last another six weeks. If there was no shadow, spring would come early.

5
Chicken Tenders
Dinner Roll
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

6
French Toast
Sticks
2 Sausage Links
Oven Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

7
Chicken Alfredo
with Pasta
Steamed Broccoli
Garlic Breadstick
Assorted Fresh or
Canned Fruit
Choice of Milk

8
Mini Corn Dogs
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

9
Cheese
or Pepperoni
Big Daddy's Pizza
Steamed Green
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

12
Dutch Waffle*
2 Sausage Links
Oven Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk
*Similar to a
Funnel Cake

13
*Taco Tuesday!
Walking Taco
Seasoned Beans
Spanish Rice
Assorted Fresh or
Canned Fruit
Choice of Milk

14
Spartan
Cheeseburger
Sweet Potato Fries
Assorted Fresh or
Canned Fruit
Choice of Milk
*Cheeseburger topped w/
Bacon and Onion Rings

15
Cheese
or Pepperoni
French Bread Pizza
Steamed Green
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

16
**NO
SCHOOL!
Teacher
In-service
Day**

19
**NO
SCHOOL!
Presidents'
Day
Holiday!**

20
Chicken Nuggets
Dinner Roll
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

21
Max Stix w/
Marinara
Tossed Salad w/
Choice of
Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

22
Bacon, Egg,
& Cheese on a
Croissant
Oven Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

23
Cheese
or Pepperoni
Big Daddy's Pizza
Steamed Green
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

26
Mini Pancakes
2 Sausage Links
Potato Smiles
Assorted Fresh or
Canned Fruit
Choice of Milk

27
Popcorn Chicken
Dinner Roll
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

28
Toasted Cheese
Sandwich
Tomato Soup
Assorted Fresh or
Canned Fruit
Choice of Milk

29
Chicken Turnover
Mashed Potatoes
& Gravy
Steamed Broccoli
Dinner Roll
Assorted Fresh or
Canned Fruit
Choice of Milk

Alternates

**Grab 'n Go Salad (comes
with dressing and dinner
roll)**

**Hoagie or Wrap
Pizza Slice
PB & J Uncrustable**

**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 \$3.35
Salad Meal Deal \$3.75**

****Menu Subject to Change**

**!!No cost breakfast available
each morning at all schools!!**

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

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