

# February 2024

# Southern Lehigh Middle 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](http://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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[www.compass.state.pa.us](http://www.compass.state.pa.us)**