

# February 2024

## Southern Lehigh Gluten Free Menu

### 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  
Ham & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

6  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

7  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

1  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

2  
Gluten Free Breaded  
Turkey Nuggets  
Fresh Veggies or Featured Vegetable  
Assorted Fresh or Canned Fruit  
Choice of Milk

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

13  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

14  
Gluten Free Breaded  
Turkey Nuggets  
Fresh Veggies or Featured Vegetable  
Assorted Fresh or Canned Fruit  
Choice of Milk

15  
Ham & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

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

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

20  
Chicken Tenders  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

21  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

22  
Gluten Free Breaded  
Turkey Nuggets  
Fresh Veggies or Featured Vegetable  
Assorted Fresh or Canned Fruit  
Choice of Milk

23  
Ham & Cheese Sandwich  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

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

27  
Hamburger or Cheeseburger  
Fresh Veggies or Featured Vegetable of the Day  
Assorted Fresh or Canned Fruit  
Choice of Milk

28  
Gluten Free Breaded  
Turkey Nuggets  
Fresh Veggies or Featured Vegetable  
Assorted Fresh or Canned Fruit  
Choice of Milk

29  
Ham & Cheese Sandwich  
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 \$3.00  
HS & MS \$3.35

*\*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](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.

**\*\*Menu Subject to Change**

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

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

To fill out a Free & Reduced Application electronically, please go to:

[www.compass.state.pa.us](http://www.compass.state.pa.us)