

March 2024

Southern Lehigh Gluten Free Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



DID YOU KNOW?

Alexander Graham Bell made the first ever phone call on March 10th, 1876.
He called his assistant and said
"Mr. Watson, come here. I want to see you."

4
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

5
Gluten Free
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
Assorted Fresh or
Canned Fruit
Choice of Milk

6
Ham & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

7
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

8
**NO
SCHOOL!
Professional
Learning
Day**

11
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

12
Gluten Free
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
Assorted Fresh or
Canned Fruit
Choice of Milk

13
Ham & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

14
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

15
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

18
Gluten Free
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
Assorted Fresh or
Canned Fruit
Choice of Milk

19
Ham & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

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

25
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
**NO
SCHOOL!
Spring
Break!**

29
**NO
SCHOOL!
Spring
Break!**

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 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