

# August 2025

## Southern Lehigh Gluten Free Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

The full moon in August is called the Sturgeon Moon, named for the sturgeon fish that were abundant in the Great Lakes at this time.

### 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 \$3.10

HS & MS \$3.45

\*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)

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

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

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

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

**NO SCHOOL!**  
**Labor Day Holiday!**