

# May 2025

## Southern Lehigh Gluten Free Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

Blue jeans were official invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.

5  
Hamburger or  
Cheeseburger  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

6  
Breaded  
Turkey Nuggets  
Fresh Veggies or  
Featured Vegetable  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

7  
Ham & Cheese  
Sandwich  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

8  
Chicken Tenders  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

9  
Turkey & Cheese  
Sandwich  
Fresh Veggies or  
Featured Vegetable of  
the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

12  
Hamburger or  
Cheeseburger  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

13  
Breaded  
Turkey Nuggets  
Fresh Veggies or  
Featured Vegetable  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

14  
Ham & Cheese  
Sandwich  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

15  
Chicken Tenders  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

16  
Turkey & Cheese  
Sandwich  
Fresh Veggies or  
Featured Vegetable of the  
Day  
Assorted Fresh or Canned  
Fruit  
Choice of Milk

19  
Hamburger or  
Cheeseburger  
Fresh Veggies or  
Featured Vegetable of the  
Day  
Assorted Fresh or Canned  
Fruit  
Choice of Milk

20  
Breaded  
Turkey Nuggets  
Fresh Veggies or  
Featured Vegetable  
Assorted Fresh or Canned  
Fruit  
Choice of Milk

21  
Ham & Cheese  
Sandwich  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

22  
Chicken Tenders  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

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

26  
**NO  
SCHOOL!**  
  
**Memorial  
Day**

27  
Breaded  
Turkey Nuggets  
Fresh Veggies or  
Featured Vegetable  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

28  
Ham & Cheese  
Sandwich  
Fresh Veggies or  
Featured Vegetable  
of the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

29  
Chicken Tenders  
Fresh Veggies or  
Featured Vegetable of  
the Day  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

30  
Turkey & 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)