

# September 2025

## Southern Lehigh Gluten Free Menu

### Monday

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

### Tuesday

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

### Wednesday

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

### Thursday

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

### Friday

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 \$3.10

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)

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**NO SCHOOL!**  
**Professional  
Learning  
Day**

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

Breaded  
Turkey Nuggets  
Fresh Veggies or  
Featured Vegetable  
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

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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

### Did you know?

September 30th is known as International  
Translation Day, and September 12th marks  
the beginning of the first ever submarine test.