

September 2025

Southern Lehigh High School

Monday

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

Dutch Waffle*
2 Sausage Links
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk
*Funnel Cake

Popcorn Chicken
Soft Pretzel Stick
Vegetarian Baked
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

NO SCHOOL!
**Professional
Learning
Day**

French Toast Sticks
2 Sausage Links
Oven Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

Tuesday

Spicy or Plain
Chicken Patty
Sandwich
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

Taco Tuesday!
Walking Tacos
Seasoned Beans
Spanish Rice
Assorted Fresh or
Canned Fruit
Choice of Milk
*Turkey taco meat

Hot Ham &
Cheese on
Croissant
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

Mini Turkey Corn
Dogs
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

Chicken Alfredo
with Pasta
Steamed Broccoli
Garlic Breadstick
Assorted Fresh or
Canned Fruit
Choice of Milk

Wednesday

Toasted Cheese
Sandwich
Tomato Soup
Assorted Fresh or
Canned Fruit
Choice of Milk

Max Stix w/ Marinara
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

Mini Pancakes
2 Sausage Links
Potato Smiles
Assorted Fresh or
Canned Fruit
Choice of Milk

Bacon, Egg, &
Cheese Bagel
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

Thursday

Mini Cinnis*
2 Sausage Links
Baked Tater Tots
Assorted Fresh or
Canned Fruit
Choice of Milk
*Mini Cinnamon Rolls

Chicken Turnover
Mashed Potatoes
& Gravy
Steamed Carrots
Dinner Roll
Assorted Fresh or
Canned Fruit
Choice of Milk

Honey Mustard
Pulled Pork on
Pretzel Roll
Sweet Potato Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

Chicken Nuggets
Dinner Roll
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

Friday

Cheese
or Pepperoni
Big Daddy's Pizza
Steamed Green Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

Cheese
or Pepperoni
Stuffed Crust Pizza
Steamed Green Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

Personal Cheese
Pizza
Steamed Green
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

Cheese
or Pepperoni
French Bread Pizza
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

Alternates

**Grab 'n Go Salad (comes
with dressing and dinner
roll)**

**Hoagie or Wrap
Pizza Slice
PB & J Uncrustable**

**Not all items are available
every day**

**All meals come with choice of
fruit, vegetable, & milk*

**** Fresh vegetable sides are
offered daily!! They can be taken
along with the 5 meal components
or in place of the vegetable of the
day listed on the menu.**

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.

**Meal Price \$3.45
Salad Meal Deal \$3.95**

****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**

Did you know?

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