

September 2025

Southern Lehigh Middle School

Monday

NO SCHOOL!
Labor Day Holiday!

Tuesday

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

Wednesday

Toasted Cheese Sandwich
Tomato Soup
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**

Friday

Cheese or Pepperoni
Big Daddy's Pizza
Steamed Green Beans
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

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

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

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Did you know?

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