

FEBRUARY 2023

Southern Lehigh High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Alternates

Grab 'n Go Salad (comes with dressing and dinner roll)
Salad Bar
Hoagie or Wrap
Pizza Slice
PB & J Uncrustable
Veggie Burgers on Tuesdays, Wednesdays, & Thursdays

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.

LUNCH PRICE \$3.35
Salad Meal Deal \$3.75

****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

6
Chicken Tenders
Dinner Roll
Steamed Broccoli
Assorted Fresh or Canned Fruit
Choice of Milk

13
Double Cheeseburger
Vegetarian Baked Beans
Assorted Fresh or Canned Fruit
Choice of Milk

20
NO SCHOOL!
Presidents' Day!

27
Spicy or Plain Chicken Patty
Sandwich
Steamed Broccoli
Assorted Fresh or Canned Fruit
Choice of Milk

7
***New Item!**
Carnitas (Pork)
Tacos
Seasoned Beans
Spanish Rice
Assorted Fresh or Canned Fruit
Choice of Milk

14
Mini French Toast
2 Sausage Links
Baked Smile Fries
Assorted Fresh or Canned Fruit
Choice of Milk

21
Max Stix* w/
Marinara
Steamed Broccoli
Assorted Fresh or Canned Fruit
Choice of Milk
*Cheese Stuffed Breadsticks

28
Toasted Cheese Sandwich
Tomato Soup
Assorted Fresh or Canned Fruit
Choice of Milk

1
Cheese or Pepperoni Big
Daddy Pizza
Steamed Green Beans
Assorted Fresh or Canned Fruit
Choice of Milk

8
Dutch Waffle*
2 Sausage Links
Baked Fries
Assorted Fresh or Canned Fruit
Choice of Milk
*Similar to a Funnel Cake

15
Chicken Nuggets
Dinner Roll
Steamed Peas
Assorted Fresh or Canned Fruit
Choice of Milk

22
French Toast Stix
2 Sausage Links
Baked Fries
Assorted Fresh or Canned Fruit
Choice of Milk

2
Mini Eggo Waffles
2 Sausage Links
Baked Tater Tots
Assorted Fresh or Canned Fruit
Choice of Milk

9
Chicken Turnover
Mashed Potatoes & Gravy
Steamed Carrots or Corn
Dinner Roll
Assorted Fruit
Choice of Milk

16
Cheese or Pepperoni
Big Daddy's Pizza
Steamed Carrots
Assorted Fresh or Canned Fruit
Choice of Milk

23
Personal Cheese Pizza
Steamed Carrots
Assorted Fresh or Canned Fruit
Choice of Milk

3
Fish Sticks
Mac & Cheese
Steamed Peas
Assorted Fresh or Canned Fruit
Choice of Milk

10
Stuffed Crust Pizza
Steamed Green Beans
Assorted Fresh or Canned Fruit
Choice of Milk

17
NO SCHOOL!
Teacher In-service Day

24
Chicken Parmesan w/
Pasta & Marinara
Green Beans
Garlic Breadstick
Assorted Fresh or Canned Fruit
Choice of Milk

Did you know?

February has been Black History Month for over 40 years.