

FEBRUARY 2023

Southern Lehigh Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6
Chicken Tenders
Dinner Roll
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

1
Cheese or
Pepperoni Big
Daddy Pizza
Steamed Green
Beans
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

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

13
Double
Cheeseburger
Vegetarian Baked
Beans
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

8
Dutch Waffle*
2 Sausage Links
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

*Similar to a Funnel Cake

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

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

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

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

17
**NO
SCHOOL!
Teacher
In-service
Day**

20
**NO
SCHOOL!
Presidents'
Day!**

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

*Cheese Stuffed Breadsticks

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

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

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

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

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

Did you know?

February has been Black History Month
for over 40 years.

Alternates

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

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