

FEBRUARY 2023

Southern Lehigh Gluten Free Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

7
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

1
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

2
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

3
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

13
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

14
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

8
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

9
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

10
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

15
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

16
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

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

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

21
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

22
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

23
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

24
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

27
Breaded
Turkey Nuggets
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

28
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

Did you know?

February has been Black History Month
for over 40 years.

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 \$3.00
HS & MS \$3.35

***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.ezschoolpay.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.**

**!!No cost breakfast available
each morning at all schools!!**

This institution is an equal
opportunity provider and
employer.

Menu subject to change based on
availability. We appreciate your
patience and understanding.

To fill out a Free & Reduced
Application electronically, please
go to:

www.compass.state.pa.us