

MAY 2022

Southern Lehigh High School

MONDAY

2
Chicken Nuggets
Dinner Roll
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

9
Popcorn Chicken
Dinner Roll
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

16
French Toast Stix
2 Sausage Links
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

23
Chicken Patty
Sandwich
Baked Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

30
NO SCHOOL!
**Memorial
Day
Holiday**

TUESDAY

3
Taco in a Bag
Seasoned Beans
Spanish Rice
Assorted Fresh or
Canned Fruit
Choice of Milk

10
Mini Turkey Corn
Dogs
Baked Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

17
Chicken Tenders
Dinner Roll
Baked Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

24
Dutch Waffle*
2 Sausage Links
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk
*Similar to a Funnel Cake

31
Bacon, Egg, &
Cheese Muffin
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

WEDNESDAY

4
Hot Ham &
Cheese on
Croissant
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk

11
Mini Eggo
Waffles
2 Sausage Links
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk

18
Breadsticks
Spaghetti Sauce
w/ Ground Beef
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

25
Beef Totchos*
Steamed Carrots
Assorted Fresh or
Canned Fruit
Choice of Milk
*Tater tots, beef
taco meat, cheddar
cheese

DID YOU KNOW?

May's birthstone is the emerald,
which represents love and success.

THURSDAY

5
Spartan
Cheeseburger on a
bun
Baked Fries
Assorted Fresh or
Canned Fruit
Choice of Milk
*Cheeseburger topped
w/ Bacon & Onion Rings

12
Sweet & Sour
Chicken w/ Rice
Steamed Broccoli
Assorted Fresh or
Canned Fruit
Choice of Milk

19
Chicken Turnover
Mashed Potatoes
& Gravy
Steamed Corn
Dinner Roll
Assorted Fresh or
Canned Fruit
Choice of Milk

26
Cheese or
Pepperoni
Big Daddy's Pizza
Steamed Green
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

FRIDAY

6
French Bread
Pizza
Tossed Salad w/
Choice of Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

13
Cheese or
Pepperoni Pizza
Steamed Green
Beans
Assorted Fresh or
Canned Fruit
Choice of Milk

20
Cheese Pizza
Tossed Salad w/
Choice of
Dressing
Assorted Fresh or
Canned Fruit
Choice of Milk

27
No Lunch
**Early
Dismissal!**
**Teacher
In-service**

Alternates

Grab 'n Go Salad or Salad Bar
(comes with dressing and
dinner roll)
Hoagie or Wrap
Pizza Slice
Sunbutter & Jelly Sandwiches
(Sunflower Seed Butter)
*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.

NO CHARGE FOR LUNCH!
Additional meal: \$3.20

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