

# MAY 2022

## Southern Lehigh Middle 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  
Bacon  
Cheeseburger on a  
bun  
Baked Fries  
Assorted Fresh or  
Canned Fruit  
Choice of Milk

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](http://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](http://www.compass.state.pa.us)