

MAY 2022

Southern Lehigh Gluten Free Menu

MONDAY

2
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

9
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

16
Turkey & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

23
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

30
NO SCHOOL!
**Memorial
Day
Holiday**

TUESDAY

3
Turkey & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

10
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

17
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

24
Turkey & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

31
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

WEDNESDAY

4
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

11
Turkey & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

18
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

25
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

THURSDAY

5
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

12
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

19
Turkey & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

26
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

FRIDAY

6
Turkey & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

13
Chicken Tenders
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

20
Hamburger or
Cheeseburger
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

Early Dismissal 27
Turkey & Cheese
Sandwich
Fresh Veggies or
Featured Vegetable
of the Day
Assorted Fresh or
Canned Fruit
Choice of Milk

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 \$2.90
HS & MS \$3.20

***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.

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

DID YOU KNOW?

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