

December 2025

Southern Lehigh Gluten Free Menu

Monday

**NO SCHOOL!!
THANKSGIVING
BREAK!!**

Tuesday

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

Wednesday

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

Thursday

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

Friday

Ham & 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 \$3.10
HS & MS \$3.45

***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.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.

****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

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

22

23

24

25

26

29

30

31

Did you know?

The winter solstice, the shortest day of the year, also occurs in December. December babies are either Sagittarius or Capricorn, and their birthstones are turquoise.